

- Help reduce occasional sleeplessness†
- Supplement the brain's natural production of Melatonin†
- Help you relax and put your mind at ease†
- Minimize the effects of jet lag†

What they Are:

The enlyten Sleep strips are designed to help you sleep when you suffer from insomnia, are on an irregular schedule, or travel across time zones. They are a fast-acting, all-natural sleep aid that is safe for children and adults of all ages.†

Why they Work:

The enlyten Sleep strip contains two proven sleep-enhancing ingredients:



Melatonin is a hormone produced by the brain's pineal gland from the amino acid tryptophan. The synthesis and release of melatonin are stimulated by the reaction of the eye's retina to darkness. Essentially, melatonin sends a signal to the body that it is time to slow down the metabolism and go to sleep. Today, many of the occasional sleep problems we experience emanate from irregular sleep schedules, shift work, jet lag, and the presence of light on a "24/7" basis. Additionally, the body's natural production of melatonin decreases with age. Thus, supplementation of melatonin may improve sleep initiation and/or sleep quality, as well as restore synchrony of the human internal clock (Circadian rhythm).†



L-Theanine is an amino acid which promotes relaxation by producing a mild calming effect and reducing routine irritability. L-Theanine's effect on the brain can be observed on an EEG, where brain waves appear smoothed out. This means the body is relaxed and the mind is calmed. Sleep quality, recovery from exhaustion, and refreshed feelings are enhanced by L-Theanine.†

20%-40% of all adults have insomnia in the course of any year.

- 1 out of 3 people have insomnia at some point in their lives
- Over 70 million Americans suffer from disorders of sleep and wakefulness; of those, 60% have a chronic disorder

Statistics provided by Sleep Med, Inc.

Who they are For:

- People that suffer from insomnia
- International and cross country travelers
- Shift Workers
- Adults, adolescents, and children
- And many others

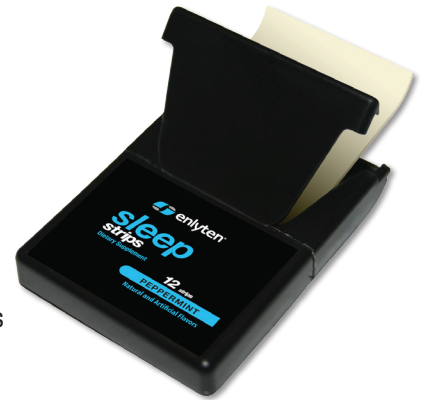


"The Sleep strips are the best! They help me get to sleep quickly and not be awakened by my husband snoring. What more can I say about this product?!!!"

-Anne Schwiening, enlyten consumer

"The effectiveness of the enlyten quick dissolve Sleep strips has surpassed my expectations. I have used them extensively with patients suffering from sleep disorders as a quick, all-natural method for inducing sleep. The taste is great, the onset of drowsiness is rapid, and they are safe for children and adults of all ages. Many individuals are able to avoid prescription sleep aides with this product- they are definitely my favorite form for administering melatonin."

-Dr. Kevin Lewis, Chief Quality Officer of Hillcrest Healthcare, and Chief Medical Advisor on the YOUUnique Medical Advisory Board



Supplement Facts

Serving Size: 2 strips
 Servings per cassette: 6

	Amount per Serving	% Daily Value
Melatonin	3mg	*
L-Theanine	15mg	*

*Daily Value not established.

Other Ingredients: Pectin, Oat Fiber, Glycerin, Maltodextrin, Water, Natural and Artificial Flavors, Grapeseed Oil, Lecithin, Sucralose, Acesulfame Potassium, Titanium Dioxide, Menthol. Contains Soy. If you are allergic to any of these ingredients, or are pregnant or nursing, consult a physician before taking this or any other dietary supplement.

Directions:

For best results, place 1-2 strips in your mouth, allow to dissolve before ingesting.

Warning:

KEEP OUT OF REACH OF CHILDREN. CARRYING CASE MAY PRESENT A CHOKING HAZARD. STORE AT 59° TO 77°F OR 15° TO 25°C IN A COOL, DRY PLACE. KEEP OUTER PACKAGING FOR IMPORTANT PRODUCT INFORMATION.

