

Sleep

A dietary supplement that supports the circadian rhythm and healthy sleep habits*



Getting enough sleep is essential to think clearly, remain in a good mood, and to feel refreshed and energized. But sleep's impacts don't stop there. Chronic sleep deprivation can contribute to obesity, heart disease, gut dysfunction, and poor immunity. Unfortunately, being unable to get a refreshing night's sleep is one of the most common complaints in today's fast-paced world. Mia Vita™ Sleep contains important ingredients to aid in better sleep.

Recommended To Assist In:

- Difficulty sleeping*
- Waking up unrefreshed*
- Balancing the stress response*
- Regulating sleep-wake cycles*
- Optimizing overall health through restorative sleep*

Mia Vita Sleep:

- Calms an agitated mind*
- Helps you fall asleep faster*
- Promotes deeper sleep*
- Contains a highly bioavailable, clinically active form of ashwagandha*

About Mia Vita Sleep:

Fall Asleep Faster*

Mia Vita™ Sleep contains ingredients to promote tranquility, focus, and aids in deeper sleep.* For example, ashwagandha promotes healthy levels of the stress hormone cortisol.* L-theanine helps the body make calming amino acids, which leads to deep muscle relaxation and improved quality sleep.* Lemon balm also calms the mind and supports healthy cortisol levels.*

Sleep Longer and Deeper*

Melatonin promotes a deeper sleep and increase rapid eye movement (REM) sleep and dreaming.* People who supplement with melatonin also take less time to fall asleep and sleep longer.* They wake up more refreshed, rejuvenated, and in a better mood.*

Impressive Absorption

Mia Vita™ Sleep contains a special kind of ashwagandha. Normally, ashwagandha extracts are standardized to 2.5% withanolides, their main active component. Mia Vita™ Sleep has 35% withanolides for superior absorption and effectiveness.* It's a powerful and fast-working way to promote relaxation and sleep.*

Supplement Facts

Serving Size: 2 Capsule
Amount Per Serving

GABA (Gamma-Aminobutyric Acid)	500mg
Ashwagandha (Withania somnifera) Root and Leaf Extract	250 mg
Melissa officinalis (Lemon Balm Extract)	150 mg
L-Theanine	100 mg
Melatonin	5 mg

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine

Vegetarian | Gluten Free | Soy Free

Warning: Do not use this product if you are pregnant or breastfeeding.

Caution: This product may cause drowsiness; use caution when operating automobiles and heavy machinery. Do not take with alcohol as drowsiness may increase. Discontinue 2 weeks prior to surgery.

Suggested Use: As a dietary supplement, take 2 capsules 1 hour before bed or as directed by your healthcare practitioner.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**