

# Mindfully Formulated For Better Sleep



Naturally supports  
melatonin &  
serotonin production



Improves sleep  
quality & mood

Reduces stress &  
supports overall  
well-being

## +Restful Sleep

Scientifically formulated with botanicals and adaptogens to gently and naturally encourage relaxation, deep sleep, and a refreshed morning.

**Why +Restful Sleep:** Sleep is crucial for overall health and longevity. It directly affects brain function, energy levels, heart health, cell regeneration, memory, mood, immune function, and weight maintenance – basically everything!

## Unique Features

- All-natural
- Melatonin-free
- Compostable and travel friendly-packaging
- Non-habit forming
- No sugar added
- Gut friendly

## Key Ingredients



**Chamomile:**

Gently supports a calm state



**L-Tryptophan:**

Naturally promotes melatonin & serotonin production



**Saffron:**

Helps sleep quality & mood



**Reishi:**

Promotes overall well-being



**Ashwagandha:**

Supports better sleep and aids relaxation

# Get more out of +Restful Sleep



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## Supplement Facts

Serving Size 1 Packet  
Servings Per Container 20

	Amount Per Packet	% Daily Value
Calories	10	
Total Carbohydrates	2 g	<1%*
Total Sugars	<1 g	*
Magnesium	30 mg	50%
Organic Lemon Balm Extract	200 mg	**
L-Tryptophan	100 mg	**
Passion Flower (Aerial Parts)	300 mg	**
KSM-66® Organic Ashwagandha (Withania somnifera) (Root)	300 mg	**
Organic Reishi Mushroom (Ganoderma lucidum) (Fruiting Body)	150 mg	**
Schisandra Berry Powder (Schisandra chinensis)	400 mg	**
Skullcap Powder (Scutellaria baicalensis) (Root)	250 mg	**
<b>Restful Blend</b> Saffron Flower, L-Theanine, Chamomile Flower Powder, Magnesium Bisglycinate.	925 mg	**

\*Daily Values are based on a 2,000 Calorie diet.  
\*\*Daily Value not established.

OTHER INGREDIENTS: BAJA GOLD SEA SALT, ORGANIC MONK FRUIT, ORGANIC RICE FIBER.

MADE IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS, SOY, DAIRY, AND WHEAT.



BPA Free



Vegan



Compostable



Manufactured in the USA



## +Restful Sleep

Take **ION\* +Restful Sleep** with **ION\* Gut Support** for improved efficacy. Strengthening the gut (where 95% of serotonin is made) enhances nutrient absorption, allowing for improved overall well-being.

## Key Benefits:

**Immediate Benefits:** Relax before bed, sleep deeply, and wake refreshed

**Long-Term Benefits:** Supports long-term cognitive function and improves mood.

## How To Take:

Mix one packet of +Restful Sleep into 1–6 ounces of cold or warm water (you can sip slowly or take as a quick shot) 15 to 30 minutes before bed. Add 1 tsp of ION\* Gut Support for comprehensive gut-sleep support.

## Two Sizes:



**20-Pack**  
MSRP: \$58.00



**5-Pack**  
MSRP: \$16.00

[1] These statements have not been verified by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Manufactured for:**  
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\* Seraphic®