

saba™ for you. for life.

Night Bliss™

sleep support



IMPROVE THE QUALITY OF RESTFUL SLEEP

CLEAN & NATURAL **THIRD-PARTY LAB TESTED** **ORGANIC WHOLE PLANT EXTRACT** **NON-GMO**

VEGAN **CRUELTY FREE** **GMP CERTIFIED**

BENEFITS:

- ★ Deep, Restful Sleep†
- ★ Refreshed and Revitalized Mornings†
- ★ Enhanced Mental Clarity†
- ★ Overall Wellness†
- ★ Easy-to-swallow Capsules†

INGREDIENTS:

MELATONIN:
Melatonin causes drowsiness, lowers body temperature, and puts the body into sleep mode. In a breakthrough study, adults over 55 who were given 2mg of extended-release melatonin before bedtime for three weeks reported greater morning alertness, and a significant improvement in sleep quality. Best of all, this form of melatonin doesn't leave you groggy the next morning, so you can take it every night as a long-term solution. A nightly dose of extended-release melatonin helped another group of older adults fall asleep faster, enjoy better sleep quality and feel brighter in the morning over the entire course of a six-month study.

L-THEANINE:
L-Theanine helps your brain generate alpha waves. Alpha waves relax the mind without inducing drowsiness.

5-HTP:
5-HTP is derived from the herb Griffonia simplicifolia. In the body, 5-HTP (5-hydroxytryptophan) gets converted into the neurotransmitter serotonin. Serotonin has an enormous influence on how we feel physically and mentally, but since serotonin can't be supplemented directly, people use 5-HTP to help with a wide range of conditions related to low serotonin levels, primarily appetite regulation, poor mood, and poor sleep patterns.

INOSITOL:
Inositol is a very important nutrient, especially for healthy metabolism. Your body can naturally produce inositol, but most of your supply comes from your diet. It is especially important for breaking down fats and reducing cholesterol levels, and is commonly used to aid weight loss. In addition, there is speculation that inositol can yield positive results in people suffering from depression.

MAGNESIUM:
Magnesium is one of the most vital minerals when it comes to relaxation, sleep, and mental health. A magnesium deficiency can cause anxiety, sleep disorders, irritability, and abnormal heart rhythms. The relaxing, sleep-boosting properties of magnesium are well known.

GABA:
GABA is another important element to the neurotansmitter. Your brain naturally produces this neurotransmitter, and it works as a calming agent as your mind disengages from the wakeful state to the sleeping state. It's released directly into active brain circuits to inhibit alertness and promote relaxation. Before you know it, your racing mind quiets down and quickly and gently fades off to sleep.

VALERIAN ROOT:
Valerian Root helps increase the amount of the neurotransmitter GABA in the brain, which brings about relaxation. In one study, 44% reported perfect sleep and 89% reported improved sleep with Valerian Root.

PASSIONFLOWER:
Passionflower is a tranquilizing herb and is used for its calming, sleep inducing effects. It has a similar effect on anxiousness too. When combined with Valerian Root, it's a perfect way to slip into deep, restful sleep. Several studies show it's an effective support supplement against anxiety.

CHAMOMILE:
Chamomile is a sleep support ingredient. It's most commonly consumed in the form of tea, and its health benefits are incredible. It's an anti-inflammatory, helps with digestive issues, helps with skin irritation, helps get rid of sore throat, and of course, is an excellent sleep support addition to our Night Bliss formulation.

VITAMIN B6:
Research shows that B6 can increase serotonin production by as much as 60%.

Why toss and turn all night when you can be getting the deepest, most blissful sleep of your life? **Saba Night Bliss™** is a gentle sleep aid that you can count on! It is a harmonious blend of relaxing herbs, nutrients, and melatonin to encourage easy, restful sleep without grogginess.†
A good night of sleep is crucial to your well-being. Chronic lack of sleep and poor sleep quality is linked to many health conditions, including reduced immune function, weight gain, depression, high blood pressure, and even diabetes.†
Saba Night Bliss™ is the easiest, safest, and most effective way to experience the restful, relaxing sleep you deserve and wake up ready to take on a bright new day.†



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Supplement Facts

Serving Size: 2 Vegetarian Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin B6 (as Pyridoxal 5-phosphate)	2 mg	118%
Magnesium (as magnesium bisglycinate chelate)	20 mg	5%
Saba Night Bliss™ Proprietary Blend	1,305 mg	**
L-Theanine		
GABA (Gamma-aminobutyric acid)		
Griffonia simplicifolia seed extract (95% 5-HTP)		
Chamomile flower extract		
Passion flower extract (aerial parts)		
Valerian root extract		
Inositol		
Lemon balm extract (aerial parts)		
Melatonin		

** Daily value not established.

Other Ingredients: Hypromellose, rice flour, magnesium stearate, and silica.



†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.

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