

## Circadian Sleep

*Restore your circadian rhythms for sleep and overall health*

**Item #02300 • 30 liquid vegetarian capsules**

You've probably heard of circadian rhythms — they're best-known for regulating your sleep-wake cycles. In addition to the central circadian clock that regulates sleep, you also have peripheral circadian clocks that govern essential biological processes like hormone release, blood pressure health, liver and pancreatic function, and more. But advancing age, hectic modern lifestyles, and other factors can disrupt all of your circadian clocks — which can affect your health.

Our Circadian Sleep formula combines melatonin with a unique citrus-peel extract to encourage healthy function of both central and peripheral circadian clocks. MicroActive® Melatonin promotes optimal sleep cycles, and nobiletin from young citrus peel supports healthy expression of genes that govern your peripheral circadian rhythms.

Restore healthy, whole-body circadian rhythms and functions with our NEW Circadian Sleep formula!

Melatonin is naturally secreted from the pineal gland at night and should be taken at night for optimal results.



### One liquid vegetarian capsule contains:

Nobiletin [from young citrus fruit (peel)] ..... 50 mg  
Melatonin (as MicroActive®)..... 1.5 mg  
Other ingredients: medium chain triglycerides, vegetable capsule (hydroxypropyl methylcellulose, chlorophyllin), microcrystalline cellulose, sodium alginate, carnuba wax, silica.

MicroActive® Melatonin is a registered trademark of Bioactives LLC.

### Dosage and use:

- Take one (1) capsule daily, before bedtime, or as recommended by a healthcare practitioner.

Caution: Do not consume alcohol, drive, or operate machinery after taking this product.



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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