

Goodnight Gummy™

Promotes relaxation and restful sleep‡

DESCRIPTION

Goodnight Gummy™ is formulated with sustained-release melatonin for 6-hour sleep support combined with lemon balm and L-theanine to promote sleep onset, restful sleep and relaxation in a delicious natural raspberry tea-flavored gummy.‡

INDICATIONS

- Support for relaxation‡
- Support for sleep onset‡
- Provides 6-hour prolonged sleep support‡

FUNCTIONS AND MECHANISM OF ACTION

Goodnight Gummy offers comprehensive triple-action support for relaxation, sleep onset and restful sleep in a great-tasting gummy form. Lemon balm and theanine promote relaxation, helping calm the body to prepare for restful sleep. Lemon balm is rich in flavonoids and polyphenolic compounds, with a long history of traditional use for relaxation. Research indicates that shortly after theanine is administered, alpha wave activity in the brain increases, which is associated with a relaxed mental state. Melatonin’s primary role is regulation of the body’s circadian rhythm and sleep patterns. It is provided in the patented MicroActive® delivery system that offers both improved absorption and sustained release. A pharmacokinetic study of MicroActive® melatonin demonstrated rapid uptake and prolonged presence in plasma up to six hours after a single dose, indicating support for healthy melatonin levels. Vitamin B₆ is a key cofactor for serotonin and melatonin production; optimal concentrations have been associated with positive mood and sleep.‡

FORMULA (#202730)

Serving Size 1 Gummy (2.2 g)

Calories.....	5
Total Carbohydrate	2 g
Total Sugars.....	<1 g
Includes <1 g of Added Sugars (1 gummy)	
Includes 1 g of Added Sugars (2 gummies)	
Vitamin B ₆ (as pyridoxine HCl)	1.5 mg
Sodium.....	10 mg
Melatonin (as MicroActive® melatonin sustained-release complex)	0.5 mg
Lemon balm (<i>Melissa officinalis</i>) extract (leaf)	20 mg
L-theanine	75 mg
Organic Fruit Blend	2.5 mg
Organic Strawberry (<i>Fragaria x ananasa</i>) Fruit, Organic Raspberry	
(<i>Rubus ideaus</i>) Fruit, Organic Wild Blueberry (<i>Vaccinium</i>	
<i>angustifolium</i>) Fruit, Organic Tart Cherry (<i>Prunus cerasus</i>) Fruit,	
Organic Pomegranate (<i>Punica granatum</i>) Fruit, Organic Cranberry	
(<i>Vaccinium macrocarpon</i>) Fruit	

Other Ingredients: Isomalto-oligosaccharides, purified water, organic cane sugar, pectin, natural raspberry and black tea flavor with other natural flavors, citric acid, hypromellose, sodium citrate, sodium alginate, microcrystalline cellulose, black carrot powder (color), coating (organic sunflower oil, organic carnauba wax), organic stevia leaf extract

MicroActive® is a registered trademark of BioActives, LLC.

Gluten-free, Non-GMO

SUGGESTED USE

As a dietary supplement, children ages 8 and up, take 1 gummy daily, 30-60 minutes before bedtime. Adults, take 2 gummies daily, 30-60 minutes before bedtime.

WARNING

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated with autoimmune disease or for individuals taking corticosteroids.

Keep out of reach of children.

STORAGE

Store in a cool, dry place, away from direct light. Use only if safety seal is intact.

REFERENCES

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For more information on Goodnight Gummy, visit douglaslabs.com

‡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.

Manufactured in Canada for:
Douglas Laboratories
600 Boyce Rd
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



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