



## NUTRACEUTICALS

Biote Nutraceuticals have been carefully formulated to support bioidentical hormone replacement therapy (BHRT), promote healthy aging, and enhance overall wellness. Backed by more than 80 years of science and medical data, these physician-grade products have been selected for superior bioavailability and can help ensure a complete and personalized approach to meet your health goals.

# BEST NIGHT SLEEP

RESTFULNESS + AWAKE REFRESHED



Fall Asleep Faster †



Sleep Through The Night †



Calm the Mind †

Best Night Sleep is the ultimate, non-habit-forming sleep formula for a more restful night's sleep. This enhanced formula features herbal extracts, L-theanine, and an optimal 1-milligram dose of melatonin to help you fall asleep faster and sleep deeper.

Most people develop a sleep problem at some time in their life. Best Night Sleep uses well-researched plant extracts, including German Chamomile, Magnolia, Valerian, and Hops, that work together to promote restfulness.

Best Night Sleep now includes L-theanine and an optimal 1-milligram dose of melatonin. L-theanine is an amino acid that occurs naturally in green tea. Clinical research indicates it can lower stress and improve both the time to get to sleep and the quality of sleep. L-theanine may also improve mood and mental sharpness.

Melatonin is a major sleep hormone that is naturally released in the brain on a 24-hour rhythm that helps regulate your sleep patterns. Melatonin supplementation can further support your natural circadian rhythm and help you fall asleep faster.



Soy Free



Dairy Free

SUPPLEMENT FACTS	
SERVING SIZE: 1 CAPSULE	
SERVINGS PER CONTAINER: 60	
ONE CAPSULE CONTAINS:	% DV*
German Chamomile Flower 1.2% Extract	130 mg **
L-Theanine	100 mg **
Magnolia Bark 2% Extract	50 mg **
Valerian Root 4:1 Extract	5 mg **
Hops Flower 4:1 Extract	5 mg **
Melatonin	1 mg **

\*% DV = Percent Daily Value \*\*Daily Value not established

**OTHER INGREDIENTS:** vegetable cellulose (vegetarian capsule), microcrystalline cellulose, magnesium stearate, silicon dioxide



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† 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.