

# MÖDERE® FACT SHEET

## SLEEP HEALTH

Health & Wellness | Support

### Product Overview

Modere Sleep Health calms your mind and relaxes your body to help you naturally get to sleep faster and stay asleep. With an exclusive bioactive blend featuring melatonin, L-theanine and GABA, Modere Sleep Health helps you naturally fall asleep and stay asleep.\*

### Product Benefits

- Bioactive blend featuring melatonin, L-theanine and GABA
- Helps you fall asleep faster and stay asleep\*
- Promotes more restful sleep\*
- Assists with establishing regular sleep patterns\*
- Calms your mind and body\*
- Mint-flavored chewable tablets
- Naturally sweetened with sorbitol, xylitol and stevia

### Product Details

Everyone suffers the occasional bout of sleeplessness. You can try counting sheep, staring at the ceiling or drinking a warm glass of milk, but the easiest way to get the rest you need is with Modere Sleep Health.\*

Fall asleep faster and stay asleep with an exclusive combination of bioactive ingredients that your body naturally uses in a normal sleep cycle. L-Theanine and GABA team up to ease nervousness and calm your mind, while also encouraging the physical relaxation your body needs at the end of a long, stressful day.\*

Sleep Health also features melatonin, a neurohormone that regulates sleep. Melatonin helps you fall asleep and stay asleep all night. And if you suffer from jet lag, occasional sleeplessness or an overactive mind, melatonin can help get you back on a regular sleep cycle.\*

Just one to two chewable tablets before bed provides a full night of restful sleep, so you wake up feeling refreshed.\*

### Directions/Usage

Adults, take 1 to 2 tablets 30 minutes before bedtime. Use only as directed.



### Key Ingredients

- Melatonin
- GABA
- L-Theanine

### Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 30

#### Amount Per Serving

Proprietary Blend Gamma Aminobutyric Acid (GABA) and L-Theanine	150 mg*
Melatonin	6 mg*

\*Daily Value not established.

**OTHER INGREDIENTS:** Sorbitol, microcrystalline cellulose, xylitol, natural peppermint flavor, hydroxypropyl cellulose, stearic acid, sodium starch glycolate, magnesium stearate, silicon dioxide, stevia leaf extract.

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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.