

## PRODUCT INFO

# IT WORKS! SLEEPY TEA

## RELAXING<sup>†</sup> | CALMING<sup>†</sup> | RESTORATIVE<sup>†</sup>

15 (6.0 g) Single Serve Packets

Struggling to fall asleep? Relax and unwind with It Works! Sleepy Tea—a soothing, herbal blend that helps you calm your mind, release muscle tension, and fall asleep effortlessly.<sup>†</sup> Over time, better sleep can have many positive effects on your health, mind, and well-being. With this nightly ritual of relaxing herbs, lulling Melatonin, and soothing Magnesium, It Works! Sleepy Tea helps you get the sleep of your dreams and wake up feeling rested and restored.<sup>†</sup>

Features and Benefits:

- Allows you to fall asleep faster after long, stressful days<sup>†</sup>
- Relaxes your mind, calms your nerves, and relieves muscle tension<sup>†</sup>
- Helps restore natural circadian rhythms when used regularly<sup>†</sup>
- Supports a positive mood, robust immunity, and healthy sleep benefits with continued use<sup>†</sup>



SKU 35700

## Supplement Facts

Serving Size: 1 Packet (6 g)

Servings Per Container: 15

	Amount Per Serving	% DV
<b>Calories</b>	10	
<b>Total Carbohydrate</b>	3 g	1%*
Dietary Fiber	3 g	11%*
<b>Magnesium (as magnesium citrate)</b>	325 mg	77%
<b>It Works! Relaxing Herbal Blend</b>	3170 mg	**
Acacia fibergum, Matcha green tea leaf ( <i>Camellia sinensis</i> ), Chamomile flower ( <i>Matricaria chamomilla</i> ), Dandelion root ( <i>Taraxacum officinale</i> ), Uva-ursi leaf ( <i>Arctostaphylos uva-ursi</i> ), Horsetail extract (aerial parts) ( <i>Equisetum arvense</i> ), Parsley leaf ( <i>Petroselinum crispum</i> ), Lavender extract (aerial parts) ( <i>Lavandula officinalis</i> ), Hawthorn berry ( <i>Crataegus pinnatifida</i> ), Oolong tea leaf ( <i>Camellia sinensis</i> ), White Mulberry leaf ( <i>Morus alba</i> ), Passionflower ( <i>Passiflora incarnata</i> ), Lemon balm (aerial parts) ( <i>Melissa officinalis</i> ), Holy Basil leaf ( <i>Ocimum sanctum</i> ).		
<b>Melatonin</b>	5 mg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily value (DV) not established.

**Other ingredients:** Guar gum, sunower lecithin, silica, natural avors, natural color (spirulina and turmeric), steviol glycosides, and monk fruit extract.

## SUGGESTED USE

Mix one packet with 8 fl.oz. of hot water and drink 30-60 minutes before bedtime. Then, relax and fall asleep as your head hits the pillow!

**Warning:** Keep out of reach of children. Protect from heat, light, and moisture. Store at 15-30°C (59-86°F). Do not use if tamper-evident seal is broken or missing.

**Caution:** Do not consume alcohol, tranquilizers, sedatives, or drive or operate machinery after taking this product. Do not take more than one packet per day.



<sup>†</sup>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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# IT WORKS! SLEEPY TEA

## RELAXING<sup>†</sup> | CALMING<sup>†</sup> | RESTORATIVE<sup>†</sup>

### FREQUENTLY ASKED QUESTIONS

#### When and how should I drink It Works! Sleepy Tea?

Ready to unwind for the night? Sip It Works! Sleepy Tea after any busy day for a relaxing ritual that lulls you into a drowsy state to help you fall asleep faster at bedtime.<sup>†</sup> Mix a packet into 8 fl.oz. of hot water and enjoy its soothing, Dreamy Mint flavor about 30-60 minutes before you wish to go to sleep. It Works! Sleepy Tea works best for occasional sleeplessness and is not designed to address chronic sleep issues.<sup>†</sup> Use only one packet per night to drift away as your head hits the pillow.

**Bonus Uses:** It Works! Sleepy Tea helps temper jet lag and adjust your body's sleep schedule more quickly, so you can enjoy the first few days of your vacation in a new time zone.<sup>†</sup> It also helps reinstate sleep patterns disrupted by work schedules and, when used regularly, can help restore circadian rhythms that become altered by the blue light from your digital devices.<sup>†</sup>

#### Why should I drink It Works! Sleepy Tea?

Great sleep isn't just in your dreams! It's critical for many functions of your body, mind, and well-being. When you struggle to drift off to sleep at night, it's reflected in the morning when you're tired, low-functioning, and edgy. With It Works! Sleepy Tea, falling asleep can be a calming, relaxing, pleasant experience.<sup>†</sup> Its herbal blend offers both renowned sleep-inducers and Magnesium, which releases stress and muscle tension to help you fall asleep faster.<sup>†</sup> Over time, improved sleep can positively impact immune function, brain function, mood, productivity, and even weight control! Start sipping It Works! Sleepy Tea nightly to enjoy the healthy benefits of a better night's sleep.

#### What are some of the key, active ingredients in It Works! Sleepy Tea?

It Works! Sleepy Tea contains an array of healthy, calming ingredients to help you fall asleep faster:<sup>†</sup>

- **Melatonin** – Delivers more restful sleep as it helps restore healthier sleep patterns<sup>†</sup>
- **Magnesium** – Quiets nerves, releases tension, and soothes restlessness that keeps you awake<sup>†</sup>
- **Chamomile** – Calms your body and mind so you can fall asleep<sup>†</sup>
- **Relaxation Herbs** – Lemon Balm, Lavender, Holy Basil, and more help you relax and release stress<sup>†</sup>

#### Why is sleep so beneficial?

Sleep is important and should be made a priority in your healthy lifestyle—don't underestimate its ability to benefit your body, mind, and overall well-being. Do you want to reduce your stress levels and support a faster, healthier immune system? Get more sleep! Are you having trouble concentrating, remembering details, and making quick, effective decisions? Sleep may help with that, too. If you notice that you're impulse eating and gaining weight, it can also be a symptom of not getting enough rest. Sleep allows your body time to naturally heal, repair, and reset itself. Plus, it helps your mood stay positive and your day be productive!

#### What keeps you from falling asleep?

Few things are more frustrating than watching the minutes tick by you as lay awake in bed, wishing your mind would turn off so you could sleep for the night. In general, we all encounter occasional sleeplessness because we live in a fast-moving, high-stress, digitally charged environment that causes our bodies to store stress and our minds to keep processing. You may experience tense muscles, frazzled nerves, an active imagination, or be so off-schedule that sleep escapes you. There are many reasons—and all are unique to your situation—but we all desire effortless rest at bedtime. It Works! Sleepy Tea is here to help you relax, unwind, and get a better night's sleep.<sup>†</sup>

#### Does It Works! Sleepy Tea contain caffeine?

It Works! Sleepy Tea contains 2.5 mg of caffeine per serving from Matcha Green Tea Leaf. This is naturally occurring and not the result of any decaffeination process.

#### Does It Works! Sleepy Tea contain gluten?

It Works! Sleepy Tea is formulated with only gluten-free ingredients. It is not currently tested for gluten that may or may not be introduced during the manufacturing process.

#### Can I give It Works! Sleepy Tea to my children?

It Works! Sleepy Tea is recommended only for adults ages 18 years or older.

#### Can I drink It Works! Sleepy Tea if I am pregnant, nursing, or have a medical condition?

Before using any new product, we suggest you consult your physician to find out if it is right for you.

Do not consume alcohol, tranquilizers, sedatives, or drive or operate machinery after taking this product. Do not take more than one packet per day.

