



form | naturally advanced
plant based nutrition

ZZZZs supports quality sleep, naturally

Every day starts with a good night's sleep. ZZZZs naturally supports a regenerative sleep. Combining 5HTP with calming amino acids and the dietary minerals Magnesium and Zinc, ZZZZs supports quality sleep, naturally.

- 5-HTP from Griffonia seed to help increase brain serotonin levels
- Calming Amino Acids L-Glycine and L-Theanine
- Essential dietary minerals Magnesium and Zinc
- BioPerine® for superior absorption



Great sleep is the cornerstone of all performance. We don't need to be told this, we all know it anecdotally.

ZZZZ's is a nootropic sleep supplement to help you make the most of your days by naturally supporting a regenerative sleep.

Centred around 5-HTP, calming amino acids and essential dietary minerals magnesium and zinc, ZZZZs works to address any deficiencies that may be affecting your sleep and by calming and relaxing to reduce the time it takes to fall asleep.

Take one capsule about 30 minutes before bed to start the journey to your best sleep yet.



5-HTP from Griffonia seed to help increase brain serotonin levels

5-HTP is the precursor to serotonin, the neurotransmitter responsible for happiness. Because of this role in creating serotonin, 5-HTP is also indirectly involved in producing melatonin, a hormone critical for sleep.

Melatonin helps the body's bio clock stay in sync and regulates daily sleep-wake cycles. Regular sleep-wake cycles are the foundation for restful and rejuvenating sleep. Research also suggests that 5-HTP may help shorten sleep onset time and increase sleep duration. Our 5-HTP is from Griffonia seed, a West African shrub.



Calming Amino Acids L-Glycine and L-Theanine

We've included the calming Amino Acids L-Glycine and L-Theanine. L-Glycine has been shown to reduce sleep onset time and improve sleep quality while L-Theanine helps promote relaxation.



Essential dietary mineral Magnesium

Magnesium deficiencies are common in developed countries and a lack of magnesium can raise blood pressure and reduce insulin sensitivity. People with low magnesium levels often experience restless sleep, whereas healthy magnesium levels often lead to deeper, better sleep. Magnesium also plays a role in supporting sleep by maintaining levels of GABA, a neurotransmitter that promotes sleep.



Essential dietary mineral Zinc

Zinc is an essential mineral and antioxidant involved in many enzyme processes. Recent research has shown that zinc levels vary with sleep quantity and zinc supplementation can increase both sleep amount and quality.



BioPerine® to improve absorption

You aren't what you eat, you are what you absorb, and much of the goodness from food and supplementation can be lost through poor nutrient absorption. We ensure you get maximum benefits with an effective dose of BioPerine®, an extract from black pepper proven to increase bioavailability (absorption of nutrients).

Usage:

One capsule about 30 - 60 minutes before you go to bed. Swallow with water or a cold drink. If necessary, one additional tablet can be taken earlier in the evening. Do not exceed the recommended dose. Not to be chewed.

Nutritionals

Ingredient	Per serving (1 cap)
L-Glycine	250mg
Magnesium (as Citrate)	105mg
5-HTP (Griffonia Seed Extract)	100mg
L-Theanine	40mg
Zinc (as Citrate)	10mg
Bioperine™ (Black Pepper Extract 95% Piperine)	2.5mg

Vegetable capsule shell: Hydroxypropyl Methyl Cellulose



VEGAN



DAIRY FREE



GLUTEN FREE



GMO FREE



SOY FREE



GLASS JAR



"These clever brain pills will help you sleep like a baby"

GLAMOUR



"Noticeably rejuvenated & refreshed in the morning"

ELLE