



# zenbiome™

## SLEEP

ZenBiome Sleep™ is formulated to help clients deal with occasional sleeplessness, but can also help support feelings of relaxation and reduced tension.

### benefits



Supports sleep



Promotes alpha brain waves



Enhances vitality



## INGREDIENTS

### BIFIDOBACTERIUM LONGUM (1714™)

A high-potency psychobiotic, 1714™ helps support the body's response to occasional stress, and the body's neurocognitive processes. This strain helps support the HPA axis and cortisol levels. In studies, it also helped support memory performance and an improved perception of stress.

### L-THEANINE

L-theanine, found in high concentrations in green tea, helps support neurotransmitters. L-theanine can help support serotonin, GABA, and dopamine levels. It can also produce a calming effect while simultaneously supporting alpha brain waves.

### LEMON BALM EXTRACT

This perennial herb in the mint family may increase feelings of drowsiness and has mild sedative properties to help with occasional inability to fall asleep. Lemon balm can also help calm occasional nervousness and excitability, supporting mood.

## SUPPLEMENT FACTS

Serving Size 1 Capsule  
Servings Per Container 30

Amount Per Serving	% Daily Value
<i>Bifidobacterium longum</i> 1714™*	80 mg 5B CFU
Lemon balm leaf extract ( <i>Melissae officinalis</i> L.)	200 mg †
L-theanine	200 mg †

† Daily values not established.