

1. How many hours of sleep is recommended for the average adult?

According to the Mayo Clinic, the average adult needs between 7 to 9 hours of sleep per night.†

2. How does sleep affect my health?

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. The way you feel while you're awake depends in part on what happens while you're sleeping. When you sleep, your body is working to support healthy brain function and maintain your physical health.‡

3. Can I take Sleep Support along with any other supplements or medication I am taking?

It is recommended that you always consult your doctor before use if you are taking any medications.

4. Will taking a supplement that contains melatonin affect my body's natural ability to produce melatonin?

While some research may indicate that taking large doses of melatonin (over 5 mg) may be unsafe, Mannatech's Sleep Support formula does not contain more than 1 mg. The unique blend of ingredients work synergistically and safely so you can get the sleep your body needs.

5. There appears to be some "settling" of Sleep Support herbal drink mix at the bottom of my cup, should it dissolve completely?

The Sleep Support product contains multiple herbs (ashwagandha, hibiscus flower, passion flower, chamomile and lemon balm, and 5HTP) that will not fully dissolve in liquids regardless of the temperature. The formula also includes a Glyconutrient blend (gum acacia, Manapol®, gum tragacanth and AmbroGuard®), and like Ambrotose®, these particular ingredients will not dissolve entirely either. Because these ingredients do not dissolve entirely does not mean that your body isn't absorbing them completely when consumed. You may find it necessary to stir your cup or glass a couple of times before you finish it entirely—doing so will reduce the amount of "settling" of the herbal ingredients.

6. Will I experience unpleasant dreams?

Because Sleep Support may help you fall asleep faster and stay in a deep sleep longer, you may experience more vivid dreams. You should not experience unpleasant dreams. We all have scary dreams once in a while, but if you find that you continuously experience frightening dreams, discontinue use and speak to your doctor.

7. Do I need to take Sleep Support every night?

No, you do not have to take it every night, but you can. Sleep Support is drug-free and non-habit-forming. It was formulated to be taken as needed. If you or someone you know travels across time zones often or has occasional sleepless nights, then Sleep Support is a perfect solution!

8. What ages is Mannatech Support appropriate for?

It is strictly recommended for ages 18 and up only.

9. Can I take more than the recommended amount?

Mannatech's Sleep Support herbal drink mix is expertly formulated to deliver an effective dose of active ingredients to relax your body and mind so that you can fall asleep easier and stay asleep so that you get a full night's rest. **It is not recommended to exceed the serving size.**

10. How soon before going to bed should I take Mannatech's Sleep Support?

For best results, it is recommended to drink Mannatech's Sleep Support with warm water 30-60 minutes before going to bed.

† <https://www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times>

‡ SOURCE: <https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency>

*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.

11. Why are there three different ingredient blends in the Sleep Support formula?

● Fall Asleep Blend

- L-Theanine
- Chamomile flower extract
- Lemon balm extract
- Hibiscus flower extract
- 5-HTP Griffonia seed extract

This special sleep blend contains L-Theanine, chamomile, lemon balm, hibiscus, and 5-HTP. These special ingredients are scientifically backed and are known for their calming and relaxing benefits. This blend may help you to fall asleep easier and faster. You might no longer have to “try” to fall asleep, it might just happen!*

● Deep Sleep Blend

- Gamma-aminobutyric acid (GABA)
- Passion flower
- Ashwagandha extract
- Melatonin

The Deep Sleep Blend contains ingredients like GABA, Passion Flower, **Ashwagandha (Sensoril®)** extract and Melatonin. All four of these ingredients were selected to keep your body in “rest mode” and in the stage of sleep necessary for you to wake up feeling refreshed. Ashwagandha is a powerful adaptogen with many benefits, one of them being with helping regulate the sleep cycle by supporting your body's ability to respond to stress.*

● Glyconutrient Blend

- Gum Acacia
- Arabinogalactan
- Gum tragacanth
- Aloe vera extract (inner leaf gel powder)

Mannatech's foundational glyconutrient blend offers additional cellular support.*

12. Why is fructose in the sleep formula?

Fructose is a low glycemic index saccharide. It has a glycemic index of just 19. Low GI saccharides are slowly digested, absorbed and metabolized, therefore, causing a much lower and slower rise in blood glucose and insulin levels as compared to high glycemic saccharides.¹ In comparison, a medium size apple will contain approximately 11g of fructose, and the sleep formula contains a mere 2g of fructose per serving.

13. What is the “Night Berry” flavor?

There is no actual berry named “Night Berry”, this is just a friendly name we gave the product. The actual flavor profile is that of the lingonberry, which is a small red berry that tastes similar to the cranberry.

1. Glycemic Index Foundation

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