

**Sleep Breakthrough** is a powerful, melatonin-free, sleep support formula designed to help you fall asleep, stay asleep, and wake up feeling refreshed.\* Sleep Breakthrough targets several areas involved in sleep, including melatonin and GABA pathways, to calm the body and quiet the mind.\*

**Directions:** Use only as directed. Mix 2 scoops (1 tsp) with 4 oz water and consume one hour prior to bedtime. Two scoops is the recommended starting dose. If desired results are not observed, use 1 scoop (1/2 tsp). If desired results are still not observed, use 1/2 scoop (1/4 tsp). While 3 scoops may be appropriate for certain individuals, this quantity may have the opposite effect in others. Results vary by individual and are dose-dependent.

PharmaGABA® is a registered trademark of Pharma Foods International Co., Ltd.

**Caution:** Keep out of reach of children. Do not operate machinery or a vehicle or otherwise engage in activities that require you to stay alert. As with any product, discontinue immediately if adverse effects occur. Please consult a physician before beginning any new supplement, diet, training program, or if you are undergoing treatment of a medical condition.

Packaged by weight not volume. Settling of contents may occur. Clumping may occur in humid environments. Keep tightly capped and store in a cool, dry location.

To reorder or contact us, please visit: [BIOptimizers.com](http://BIOptimizers.com).

**Manufactured for** BIOptimizers USA, Inc., 5470 Kietzke Lane, Suite 300, Reno, NV 89511.

Manufactured in the USA with domestic and foreign ingredients.

\* 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.

OPTIMIZED  
SLEEP SOLUTIONS\*

**BIOptimizers™**



**SLEEP BREAKTHROUGH**

BLUE BERRY DREAMS  
Naturally Flavored

**GET THE BEST SLEEP EVER**

NET WT 7.3oz (206g) | DIETARY SUPPLEMENT  
VERSION 2.0



VEGAN



GLUTEN  
FREE



SOY  
FREE

**Supplement Facts**

Serving Size 2 Scoops (8.24 g)  
Servings Per Container 25

	Amount Per Serving	%DV*
Calories	10	
Vitamin B6 (as Pyridoxal-5-Phosphate)	6 mg	353%
Magnesium (from Magnesium Bisglycinate Chelate)	22 mg	5%
Zinc (from Zinc Picolinate)	6 mg	54%
Potassium (from Potassium Gluconate)	33 mg	<1%
Glycine	2,900 mg	†
Taurine	2,400 mg	†
Bamboo Leaf ( <i>Phyllostachys viridis</i> ) (Leaf Extract)	350 mg	†
L-Theanine	200 mg	†
Gamma-Aminobutyric Acid (GABA) (from PharmaGABA®)	75 mg	†
Magnolia ( <i>Magnolia officinalis</i> ) (Bark Extract)	30 mg	†

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

†%DV not established.

**Other Ingredients:** Malic Acid, Organic Grape Juice Powder, Blue Spirulina (Phycocyanin) (color), Calcium Citrate, Organic Mixed Berry Powder, Organic Monk Fruit Extract, Thaumatococcus Powder, Organic Beetroot Juice Powder (color).

**Allergens:** None.



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