

Why This Supplement?

Optimal Sleep Gummies stands out with its unique blend that not only aids sleep but addresses circadian rhythm health and weight management. Its innovative approach, delivering melatonin at the cell level, makes it a superior choice for quality sleep and overall well-being compared to standard melatonin supplements.

What Sets Us Apart?

Just like your Health Professional, Optimal Health Systems cares about patients, which is why we exclusively create supplements with nutrients derived from whole foods—not cheap, synthetic alternatives. Rest easy, knowing you’re getting the best nutrition possible.

The Results

Experience profound sleep quality, weight balance, and hormonal harmony. Our formula supports deep, restorative sleep, delivered at the cellular level with natural ingredients for comprehensive health benefits. It supports nightly recovery with deep sleep and is vital for tissue growth and overall repair.

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Quick Facts!

- Balances and enhances natural sleep-wake cycles for overall circadian health.
- Contains vitamin B6, passiflora extract, and melatonin with a pleasant passion fruit flavor.



Dosing

Take 1 gummie five minutes before bed or as directed.

Supplement Facts

Serving Size: 1 Piece Amount Per Serving	Serving Per Container: 30 % Daily Value	
Calories	9.6	
Total Carbohydrates	2.4 g	1%
Sodium (as Sodium Citrate)	3.6 mg	<1%
Total Sugars	1.8 g	**
Includes Added Sugars	1.8 g	4%
Fat	0 g	0%
Protein	0 g	0%
Vitamin B6 (as Pyridoxine HCL)	2 mg	118%
Passiflora Extract (Passiflora incarnata) (herb)	10 mg	**
Melatonin	1 mg	**

Percent Daily Value based on a 2000 calorie diet

**% Daily Value (DV) not established

Other Ingredients: Natural Sugars, Pectin, Citrit Acid, Natural Passion Fruit Flavor, Vegetable Oil, Purple Carrot Juice Concentrate.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

For full details and latest supplement facts, visit:
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