



Nightfall Product Overview

Nightfall sleep supplement contains Premium Hemp Extract, which has a pleasant relaxing, balancing effect that calms the body and mind and facilitates a good night's sleep.

Our natural-acting sleep formula contains a proprietary Beauty Sleep Blend and Oxygen Transport Blend that harmoniously ready the mind and body for sleep and promote a full night's rest without daytime drowsiness.

- Promotes physical and mental relaxation; causes sleepiness; and helps you fall asleep faster.
- Helps improve sleep quality, so you'll sleep soundly through the night and wake up feeling rested, not groggy.
- Mellow, relaxing effect that helps you quiet your mind, quell stress, and relax physically.

...All key for achieving a good night's rest.

DIRECTIONS: Add one scoop of powder to 8 ounces of hot water. Mix, stir, or shake well and enjoy! Take 30 minutes to an hour before bedtime. Refrigerate container after opening.

WARNING: May cause drowsiness or sleepiness; do not take when driving, operating machinery, or engaging in any activity that requires alertness.

CAUTION: Always consult with your healthcare practitioner before taking this or any health supplement, especially if you are taking prescription medications, under a doctor's medical care, at risk for or have any illness or health condition, pregnant or nursing, or under age 18. These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease or medical condition. The information is provided for informational purposes. Results may vary. You may not experience the same benefits from using this product.

Let the best sleep of your life begin!

Get started today!

Order Nightfall from www.lurralife.com.

Supplement Facts

Serving Size: 1 scoop (17 g)

Servings per container 30

Amount Per Serving

	Calories 85	Calories from fat 45	% Daily Value*
Total Fat		5 g	8%
Saturated fat		5 g	24%
Cholesterol		0 mg	0%
Sodium		15 mg	1%
Total Carbohydrate		10 g	3%
Dietary Fiber		0 g	0%
Sugars		1 g	**
Protein		0 g	0%

Beauty Sleep Blend **

Organic Rooibos Tea Extract, L-Theanine, Kava root powder, Anice, Cinnamon, Clove, Nutmeg, Star Anice, Hemp Extract, Melatonin (3 mg), Chromax (Chromium Picolinate)

Oxygen Transport Blend 84 mg **

Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyridoxine HCL, Thiamine HCL, Riboflavin, Folic Acid, Methylcobalamin **

Max Bioavailability Blend 25 mg **

Trace Mineral Blend, Black pepper extract

Vitamin B1 300% Vitamin B12 6,000%

Vitamin B2 200% Vitamin B9 200%

Vitamin B3 150% Iron 100%

Vitamin B5 500% Chromium 50%

Vitamin B6 500%

Not a significant source of saturated fat, trans fat.

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other ingredients:

Coconut oil creamer [Glucose solids, coconut oil, sodium caseinate (a milk derivative), dipotassium phosphate, mono- and diglycerides, soy lecithin, N&A flavors and colors], Sucralose, Xanthan gum.