

RAW B09SVMC3XF

RAW Natural Sleep Aid Supplement - Strawberry Kiwi (30 Servings) Instruction Manual

1. INTRODUCTION

This manual provides essential information for the proper use and understanding of the RAW Natural Sleep Aid Supplement, Strawberry Kiwi flavor. RAW Sleep is a natural sleep aid formulated to support relaxation and promote healthy sleep patterns. Each container provides 30 servings.

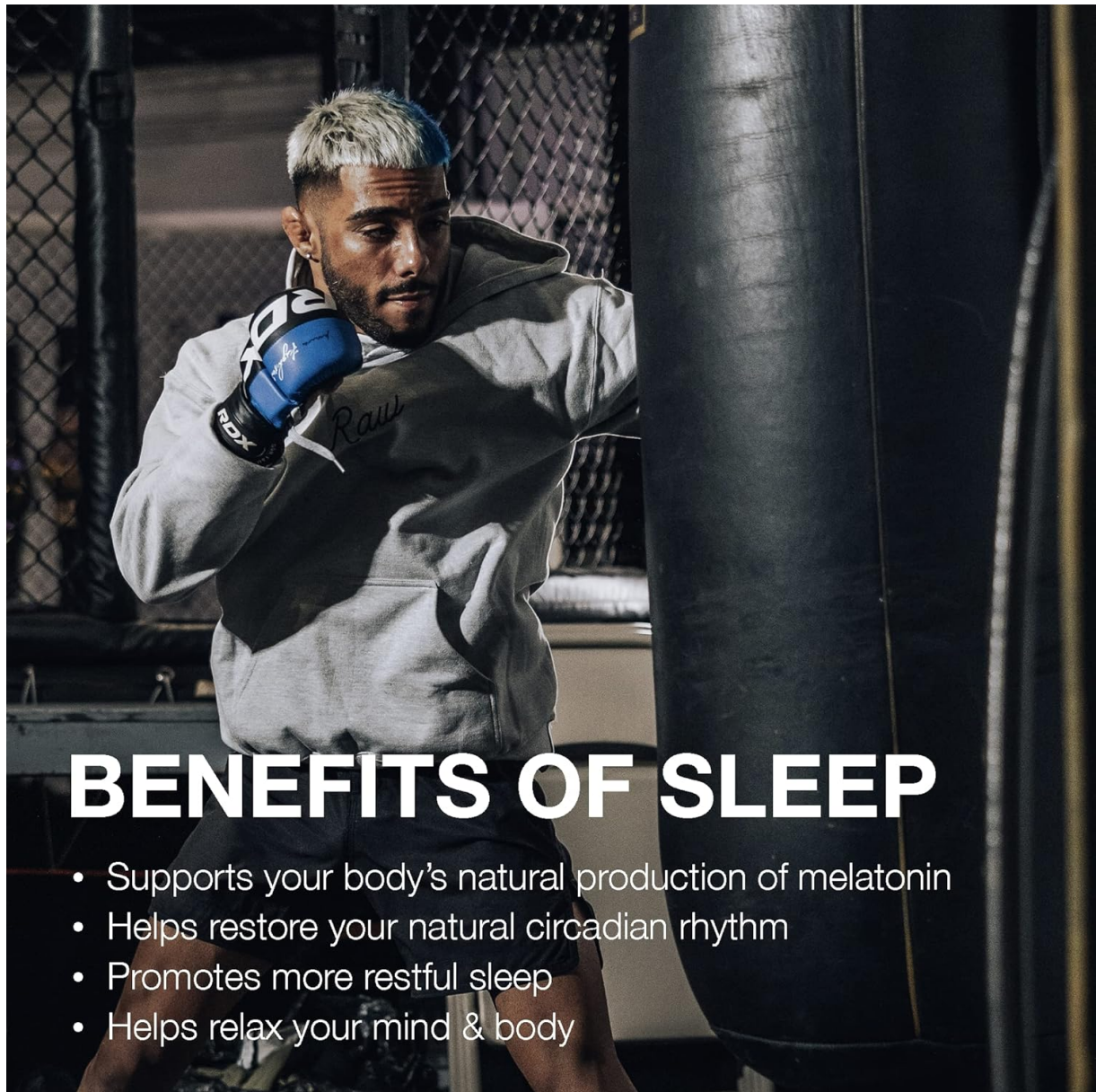


Image 1.1: RAW Sleep Natural Sleep Aid Supplement, Strawberry Kiwi.

2. PRODUCT OVERVIEW AND BENEFITS

RAW Sleep contains ingredients intended to support the body's natural melatonin production and circadian rhythm. The product is manufactured in the USA and is free from artificial ingredients and GMOs. This supplement is available in Strawberry Kiwi flavor, designed for palatability.

The formulation includes Magnesium, Vitamin B6, and Vitamin C, which contribute to the body's natural production of serotonin and melatonin. Lemon Balm is included to support GABA levels, which are associated with relaxation. Hawthorn leaf and flower extracts are also present, traditionally used for their calming properties.



BENEFITS OF SLEEP

- Supports your body's natural production of melatonin
- Helps restore your natural circadian rhythm
- Promotes more restful sleep
- Helps relax your mind & body

Image 2.1: Visual representation of RAW Sleep benefits.

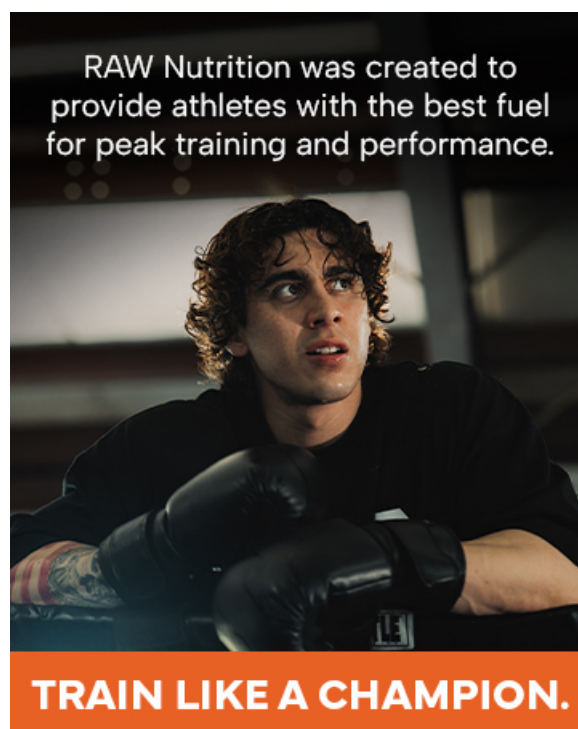


Image 2.2: Key ingredients of RAW Sleep.

3. INGREDIENTS

The RAW Natural Sleep Aid Supplement contains the following active ingredients:

- Magnesium
- Zinc
- Vitamin B6
- L-Tryptophan
- Hawthorn Leaf and Flower Extract
- Melatonin

Other ingredients include natural and artificial flavors, citric acid, malic acid, erythritol, sucralose, silica, and acesulfame potassium.



MADE IN THE USA

THE NEW STANDARD

- No fillers
- No artificial ingredients
- No GMOs
- No BS

SLEEP: STRAWBERRY KIWI

SUPPLEMENT FACTS

Serving size: 1 scoop (5 grams)
Servings per container: 30

Amount Per	% Daily Value
Vitamin C (from ascorbic acid)	90mg 100%
Vitamin B6 (from pyridoxal-5-phosphate)	10mg 294%
Magnesium (from magnesium glycinate)	200mg 48%
Zinc (as zinc citrate)	11mg 100%
L-Tryptophan	500mg **
Lemon balm extract (leaf) [std. to >7% rosmarinic acid, >14% hydroxycinnamic acid]	300mg **
Hawthorn extract (Crataegus laevigata) (leaf & flower)	250mg **
NooGandha® (ashwagandha root & leaf extract)	250mg **
Melatonin	3mg **

**Daily Value (DV) not established

Other Ingredients: Natural and Artificial Flavors, Citric Acid, Malic Acid, Erythritol, Sucralose, Silica, Acesulfame Potassium

Image 3.1: Detailed Supplement Facts for RAW Sleep.

4. SETUP & PREPARATION

To prepare your RAW Sleep supplement:

1. Locate the scoop inside the container.

2. Measure one (1) scoop (approximately 5 grams) of the RAW Sleep powder.
3. Mix the powder thoroughly with cold water or your preferred beverage until dissolved.

For best results, ensure the powder is fully mixed before consumption.

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Video 4.1: A user demonstrating the preparation and consumption of RAW Sleep, highlighting the Mixed Berry flavor and discussing its ingredients and benefits. This video is provided by Get Raw Nutrition.

5. USAGE INSTRUCTIONS (OPERATING)

For optimal results, consume one (1) scoop of RAW Sleep approximately 30 minutes before your intended bedtime. Adhere to the recommended serving size. Do not exceed the suggested daily intake.

6. STORAGE & MAINTENANCE

Store the RAW Natural Sleep Aid Supplement in a cool, dry place, away from direct sunlight and moisture. Ensure the lid is tightly sealed after each use to maintain product freshness and potency. Keep out of reach of children.

7. IMPORTANT SAFETY INFORMATION

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Consult with a healthcare professional before using this or any dietary supplement, especially if you are pregnant, nursing, have a medical condition, or are taking any medications. Discontinue use and consult a doctor if any adverse reactions occur. Do not use if the safety seal is broken or missing.

8. SPECIFICATIONS

Attribute	Detail
Brand	RAW
Flavor	Strawberry Kiwi
Unit Count	30.0 Count
Item Form	Powder
Item Weight	0.2 Kilograms (7.05 ounces)
Special Ingredients	Hawthorn
Age Range (Description)	Adult
Number of Items	1
Servings per Container	30
Material Feature	Natural
Package Dimensions	3.7 x 3.66 x 3.58 inches

Date First Available	February 1, 2022
Manufacturer	RAW
ASIN	B09SVMC3XF

9. TROUBLESHOOTING

If you experience persistent sleep difficulties or unexpected side effects while using this supplement, discontinue use and consult a healthcare professional. Ensure you are following the recommended dosage and usage instructions. Factors such as diet, stress, and other medications can influence sleep patterns and supplement effectiveness.

10. MANUFACTURER INFORMATION & SUPPORT

This product is manufactured by RAW. For further inquiries or support, please refer to the contact information provided on the product packaging or visit the official RAW Nutrition website. Information regarding product warranty is not available in this manual; please check the product packaging or manufacturer's website for details.