

Allbe 90 count (Pack of 1)

ALLBE Sleep Supplements for Adults User Manual

Model: 90 count (Pack of 1) | Brand: Allbe

1. PRODUCT OVERVIEW

ALLBE Sleep Supplements are formulated to support your body's natural sleep-wake cycle and promote relaxation. This product contains a blend of 5mg Melatonin, 5-HTP, L-Theanine, and Phosphatidylserine, designed to help you fall asleep faster, regulate sleep patterns, and achieve deeper, more restful sleep.

Key benefits include:

- **Circadian Support:** Helps re-set the body's sleep-wake cycle, beneficial for those experiencing jet lag or altered sleep schedules.
- **Fast-Acting Sleep Aid:** Designed to help reduce the time it takes to fall asleep.
- **Regulate Sleep Patterns:** Natural ingredients that may improve sleep quality and increase total sleep time.
- **Promotes Relaxation:** Ingredients like Ginkgo Biloba help to reduce feelings of restlessness and promote calmness.





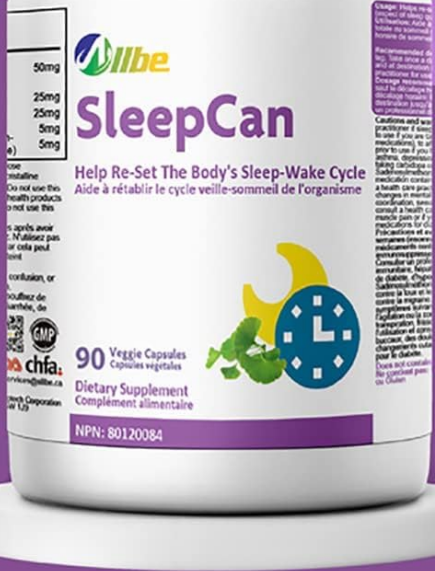
SleepCan

✓ **Help re-set the body's sleep-wake cycle**

✓ **Increase the total sleep time**





ALLBE
SleepCan
Help Re-Set The Body's Sleep-Wake Cycle
Aide à rétablir le cycle veille-sommeil de l'organisme
90 Veggie Capsules
Capsules végétales
Dietary Supplement
Complément alimentaire
NPN: 80120084

Image 1.1: ALLBE SleepCan bottle illustrating its primary benefits for sleep.

2. USAGE INSTRUCTIONS

2.1. Recommended Dosage

Take **one (1) capsule** once daily. It is recommended to take the capsule 30 to 90 minutes before bedtime to allow the ingredients to take effect.

2.2. Administration

Swallow the capsule with water. Do not open the capsule or consume the powder directly, as this may alter absorption and effectiveness.

2.3. Who Can Use ALLBE Sleep Supplements

- Individuals 18 years of age or older.
- Those experiencing sleep disturbances or poor sleep quality.
- Athletes and sport players seeking recovery support.
- Individuals suffering from sleep restriction or altered sleep schedules due to shift work or jet lag.

WHO SHOULD USE ALLBE SLEEP SUPPLEMENTS:



- ★ Anyone who is 18 years of age or older.
- ★ Individuals experiencing sleep disturbances.
- ★ Individuals with poor sleep quality.
- ★ Athletes and sport player seeking recovery support
- ★ Individuals who suffering from sleep restriction or altered sleep schedule



All-in-1 potent supplement



Multiple benefits



110mg per serving

Image 2.1: Visual guide on ideal users for ALLBE Sleep Supplements.

3. IMPORTANT SAFETY INFORMATION AND PRECAUTIONS

Always read the label and follow directions for use. Consult a healthcare practitioner before use if you have any concerns.

3.1. Contraindications

- Do not drive or use machinery for 5 hours after taking melatonin.
- Do not use this product if you are pregnant or breastfeeding.
- Do not use this product if you have a blood coagulation disorder, as Ginkgo Biloba may increase the risk of spontaneous bleeding.

3.2. Consult a Health Care Practitioner If:

- Sleeplessness persists for more than 4 weeks (chronic insomnia).
- You are taking medications for seizure, blood pressure, to suppress the immune system (immunosuppressive medications), to affect mental state or increase sedation, steroids, or blood thinners.
- You have a health condition such as asthma, depression, diabetes, low blood sugar, or migraines.
- You experience changes in mental state, muscle pain, or if you develop symptoms of liver injury (e.g., yellowing of skin/eyes, dark urine, abdominal pain).

3.3. Known Adverse Reactions

Stop use and consult a health care practitioner if you experience any of the following symptoms within a few hours after taking this product:

- Headache, confusion, or nausea.
- Nausea, vomiting, or abdominal pain.
- Hypersensitivity/allergy.





Image 3.1: Detailed view of the product label with warnings and precautions.

4. STORAGE AND MAINTENANCE

Proper storage ensures the potency and longevity of your ALLBE Sleep Supplements.

- Store in an airtight container, protected from light.
- Keep in a cool, dry place (below 25°C / 77°F).
- Do not use if the safety seal is broken.
- Keep out of reach of children.

5. PRODUCT SPECIFICATIONS

Table 5.1: ALLBE Sleep Supplements Key Specifications

Feature	Detail
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Feature	Detail
Product Name	ALLBE SleepCan Sleep Supplements
Model	90 count (Pack of 1)
Active Ingredients (per 1 capsule)	Ginkgo biloba extract (50:1, QCE 2500 mg): 50mg L-Theanine: 25mg 5-HTP (Griffonia simplicifolia-Seed/Graine): 25mg Melatonin: 5mg Phosphatidylserine (Phosphatidylserine enriched soy lecithin): 5mg
Non-Medicinal Ingredients	Hypromellose, Magnesium stearate, Microcrystalline cellulose
Form	Capsule
Count	90 capsules per bottle
Product Dimensions	6 x 6 x 10 cm
Item Weight	150 Grams
Certifications	Non-GMO, Gluten-Free, Made in Canada (FDA registered facility, GMP guideline)
Manufacturer	Mapleland Biotech Corp.

MOOD & SLEEP SUPPORT

**FALL ASLEEP
FASTER**



**CIRCADIAN
SUPPORT**



**REGULATE
SLEEP
PATTERNS**



**SLEEP DEEPER &
WAKE-UP REFRESHED**



*These statements have not been evaluated by the FDA

Image 5.1: Mood and Sleep Support benefits provided by the supplement.

6. LEGAL DISCLAIMER AND SUPPORT

6.1. Legal Disclaimer

Actual product packaging and materials may contain more and different information than what is shown on our website. We recommend that you do not rely solely on the information presented and that you always read labels, warnings, and directions before using or consuming a product.

FDA DISCLAIMER: These statements have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure or prevent any disease.

6.2. Customer Support

For any questions or concerns regarding ALLBE Sleep Supplements, please contact us at:services@allbe.ca.
Manufacturer: Mapleland Biotech Corp.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question