

# Lights Out®

## A SLEEP FORMULA\*



### The Value of Sleep

A simple way to understand the important role of sleep is to look at what happens if we don't get enough of it. Diminished concentration levels, shortened attention spans, mood swings, and overall irritability can all be attributed to poor sleep habits. A deep, restful sleep is essential for maintaining the health of both mind and body. Sleep plays a vital role in the development and performance of the brain and nervous system. Cognitive skills like speech, memory and abstract thought are renewed through sleep.

Physiologically, sleep is how the body repairs and recharges itself on a daily basis. When we sleep, our cells regenerate, the body circulates and expels toxins, the skin renews itself, and our immune system is replenished and boosted. A deep and relaxed sleep enables your body to get the most out of this overnight rebuilding process.

### What Happens as We Age?

Tens of millions of Americans experience problems with sleep or sleeplessness to varying degrees. It's a common known fact that as we age, we're more likely to have problems sleeping or falling asleep. As we physiologically mature, our bodies naturally produce less melatonin. It is believed that lowered melatonin levels play a significant role in poor sleep patterns. In addition to this natural depletion of melatonin, there are a host of physical and emotional problems (such as stress) that can add to and inhibit the ability to get the sleep you need.

### Lights Out® - A Sleep Formula\*

Lights Out® from Roex is a unique blend of vitamins and traditional herbs formulated to improve the quality of your sleep and assist in the regulation of your natural biological rhythms. We understand how important sleep is to your health and our formula works to provide you with the overall relaxation needed to achieve a deep, restful and restorative sleep.\*

Lights Out® contains pharmaceutical-grade melatonin, imported directly from Europe. We've also included vitamin B6, L-Tryptophan, L-Theanine, as well as traditional herbal relaxants like passion flower, chamomile, and valerian root - all aimed at providing you with a good night's sleep. Give your body the rest it needs to rebuild and rejuvenate.

### Product Benefits:

- Helps the body achieve a deep, healthy sleep\*
- Powerful antioxidant\*
- Free radical scavenger\*
- No "hang over" effect\*

### Complementary Roex® Products:

- PC-95®: an excellent antioxidant for the entire body\*
- The Ultimate Calcium Mineral Formula®: minerals to restore and rebuild\*
- Magnesium and Potassium: supports a healthy cardiovascular system\*
- Oleuropein: Optimizes your immune system\*

### - Lights Out®-

#### Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 60

	Amount Per Serving	% DV
Vitamin B6 (as Pyridoxine HCl)	10 mg	500 %
Melatonin	3 mg	*
Proprietary Blend	400 mg	*
Valerian Root, L-Theanine, L-Tryptophan, Chamomile Flower, Passion Flower, Skullcap Flower, Hops Flower		
*Daily Value (DV) not established		

**DIRECTIONS** Take one (1) tablet with water 30 minutes prior to bedtime.

**OTHER INGREDIENTS:** Dicalcium phosphate, cellulose, stearic acid, silicon dioxide, croscarmellose sodium and magnesium stearate.

KEEP IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

**Warning/Note:** If you are under medical supervision or using medications, seek the advice of your physician or health care professional prior to use of this product. Do not take if you are operating machinery or vehicle.

\*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.

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