

Sleep+ Frequently Asked Questions

1. How and when should I take Sleep+?

Take 2-4 capsules approximately 30 minutes prior to bedtime with 8 oz of water. Do not exceed 4 capsules per night. You can take it alongside your other Amare products.

2. Is it Vegan?

No. Sleep+ is not considered Vegan as Vitamin D3 is sourced from lanolin which is a substance derived from the wool of sheep.

3. Is it Gluten Free?

Yes.

4. Can I take Sleep+ if I'm pregnant or nursing?

The natural ingredients that we use in Sleep+ are not known to interact negatively with those who are nursing or pregnant. Since these ingredients are not specifically studied in these populations – we always recommend consulting your physician when making adjustments to your regimen.

5. Can children take Sleep+?

As with all Amare products, Sleep+ is not known to contain ingredients that are unsafe for your child. We do recommend a ½ dose and consulting your pediatrician prior to consumption.

6. Can I take Sleep+ while I am on prescription medication?

The natural ingredients that are used in Sleep+ are not known to have interactions with medications. As a standard practice, we always advise consulting your physician before making adjustments to your regimen.

7. What is the main/active ingredient in Sleep+?

The primary active ingredient in Sleep+ is the Maizinol corn grass extract. The corn grass (Maizinol) provides a specific precursor ingredient (6-MBOA) that the brain uses to produce its own serotonin and melatonin which helps with better mood, lower tension, and superior sleep quality.

8. What can I expect when taking Sleep+?

This ingredient has been clinically shown to improve quality of sleep by helping you fall asleep faster, stay asleep longer, spend more time in REM sleep for brain rejuvenation, and deep sleep for body rejuvenation. You can expect an improvement in quality of sleep, a relief of occasional sleeplessness, and fewer nighttime awakenings.

9. I am allergic to corn, can I still take Sleep+?

The natural ingredients in Sleep+ are not known to trigger allergic reactions, as we use the corn leaves instead of the actual kernels of the corn plant.

10. How can I increase the benefits of Sleep+?

The benefits of Sleep+ will likely increase by practicing good sleep “hygiene” which may include having a set sleeping schedule, following a nightly routine, unplugging from electronics and blue light at least one hour before bed, having an optimal bedroom environment, and getting daily sunlight exposure among other healthy practices during the day.