



# The Fiber35Diet SleepFit™

**A natural relaxation formula developed to support healthy weight management by promoting a healthy metabolic rate\***

- Valerian root, hops extract, 5-HTP and more
- Supports weight loss and healthy metabolism\*
- Helps prevent overeating due to lack of energy\*
- Promotes relaxation and enhances sleep quality\*

The Fiber35 Diet is a lifetime system of optimum nutrition based on the extraordinary health benefits and weight loss power of fiber. Developed by ReNew Life founder and Certified Nutritional Consultant Brenda Watson, it focuses on the importance of eating at least 35 grams of fiber every day.

In addition to its role in bowel regularity, fiber helps manage hunger and eliminate calories from the foods you eat. A high-fiber diet has also been shown to support healthy blood sugar, cholesterol and blood pressure levels, thus helping to prevent obesity-related illness and disease. Fiber also helps to absorb toxins in the intestinal tract and eliminate them from the body via regular, healthy bowel movements.

## SleepFit for Natural Support

Part of the Fiber35 Diet reduced calorie and exercise program, **SleepFit** is a natural relaxation support formula developed to promote a deep, relaxing sleep.\*

## The Importance of a Good Night's Rest

Getting a full eight hours of sleep every night is essential to maintaining a healthy metabolism. Studies have shown that when your body lacks sleep, your energy level tends to be lower throughout the day. This can lead to increased food consumption and decreased physical activity, which in turn can contribute to weight gain.

Each easy-to-swallow vegetable capsule contains 5-hydroxytryptophan (5-HTP), a precursor to serotonin. Serotonin is a neurotransmitter that plays an important role in sleep, and research shows that raising serotonin levels can assist with weight loss and healthy metabolism.\* Added hops extract and valerian root produce a mild sedative effect that promotes restful sleep.\*

## Supplement Facts

Serving Size: 1 capsule		Servings per Container: 60	
Amount per Serving			
			%DV**
Niacin	7 mg		35%
Calcium (Calcium Citrate)	67 mg		7%
Magnesium (Magnesium Oxide)	33 mg		8%
Passion Flower Extract 4%	83 mg		***
Valerian Root	50 mg		***
Hops Extract 4:1	33 mg		***
Inositol	33 mg		***
Lemon Balm Powder	27 mg		***
5-HTP (5-hydroxytryptophan)	17 mg		***
Chamomile Powder	8 mg		***
Baikal Skullcap Root Extract 2:1	8 mg		***

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\*\* Daily Value not established.

Other Ingredients: Vegetable capsule (vegetable fiber and water)

**Directions:** Take 1 to 3 capsules 30 minutes before bed as needed.

**WARNING:** Consult your physician before using this or any product if you are pregnant, nursing, trying to conceive, taking medication or have a medical condition. **Notice:** Do not use if you are taking prescription antidepressants or drugs containing fenfluramine. This product may cause drowsiness and should not be used while driving or operating heavy equipment. Not for individuals under 18 years.



SleepFit™ was formulated by natural health and nutrition expert Brenda Watson, creator of The Fiber35 Diet and president of ReNew Life Formulas.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.