

## Sleep Support

<sup>1</sup> <https://www.microactiveingredients.com/pages/microactive-melatonin>

<sup>2</sup> <https://bioperine.com/aboutbioperine/>

<sup>3</sup> <https://www.chp.gov.hk/en/static/80083.html>

<sup>4</sup> <https://ksm66ashwagandhaa.com/wp-content/uploads/2018/02/65999KSM66AshwagandhaInfoNo1.pdf>

<sup>5</sup> <https://www.healthline.com/nutrition/sleep-aids>

<sup>6</sup> <https://pubmed.ncbi.nlm.nih.gov/25759004/#:~:text=L%2DTheanine%20promotes%20relaxation%20without,a%20safe%20natural%20sleep%20aid>