

Sleep

BAST240 / BASB80



- Improved Decision-Making:** Enhance cognitive function through quality rest.
- Reduced Risk of Incidents:** Stay sharp and alert with better sleep.
- Reinforced Physical Health:** Recharge your body with restorative sleep.
- Emotional Mood Stabilisation:** Achieve balance through calm, uninterrupted sleep.
- Long-term Health & Well-Being:** Support overall wellness by fostering healthy sleep patterns.

Directions For Use

For Bottle: Chill then drink.

For Tub: Best results simply mix one heaped scoop with water & drink 60 mins before bed.

To improve your night time routine you can also dim the lights, engage in a calming activity like reading, avoid screens, enjoy a caffeine-free tea, to help create a peaceful sleep environment.



Flavour

Blackcurrant

Packaging

BAST240

Sleep Tub 240g

1 48 960

BASB80

Sleep Bottle 80ml

1 64 5120

Nutritional Information

per 5g serving

Passionflower	250mg
Ashwagandha	300mg
Ziziphus	150mg
California Poppy	250mg
Glycine	3000mg
Magnesium	180mg
Zinc	25mg
Vitamin D3	12.5µg
Energy	91.99kJ
Protein	3.34g
Fat, Total	0.0g
- Saturated	0.0g
Carbohydrates	0.95g
- Sugars	0.24g
Sodium	2.14mg
Dietary Fibre	0.15mg
Potassium	0.90mg

Ingredients

Glycine, GABA*, Ashwagandha KSM, Magnesium Glycinate Dihydrate, Zinc Citrate Dihydrate, Vitamin D3, Passionflower Herb, Ziziphus Jujube Mill Seed, California Poppy, Silica Andrydrous, Natural Blackcurrant Flavour, Citric Acid, Malic Acid, Thaumatin.

*GABA only in BAST240. Ingredient not used in BASB80.