



# LIGHTS OUT

## NIGHTLY SLEEP SPRAY

This spray combines the soothing effects of GABA (Gamma-Aminobutyric Acid), the calming properties of valerian root, and a gentle hint of melatonin. This powerful trio works in harmony to ease the mind and body into a state of relaxation, making the transition to sleep smoother and more natural. This allows for a more restful and deep slumber without waking. Use this spray about 30 minutes before you go to sleep. You'll never wake up groggy in the morning!

### BENEFITS:

- Supports restful sleep
- Convenient and fast-acting
- Non-habit forming
- Reduces the effects of jet-lag
- Non groggy feeling in the morning



SUGAR FREE



ORANGE BERRY  
FLAVOR

Supplement Facts:		
	Serving Size : 8 Sprays (0.47 mL) Serving per container : 30	
	Amount per Serving	%DV
GABA	10 mg	**
Valerian Root Extract	10 mg	**
Melatonin	0.5mg	**
**Daily Value (DV) not established		

**INGREDIENTS:** GABA, Valerian Root Extract, Melatonin, Purified Water, Xylitol, Glycerin, Citric Acid, Organic Orange Flavor, Organic Raspberry Flavor, Stevia Rebaudioside A, Potassium Sorbate.

## DIRECTION OF USE:

(Before initial use - pump 6 or 8 times to activate the pump)

1. Shake before use.
2. Spray directly into mouth and hold 5 seconds before swallowing. We recommend 8 sprays per day prior to bedtime.
3. Use these sprays daily to receive the most benefit from each supplement.

**Each vial contains approximately 240 metered sprays, which is about 30-days of use.**

## QUICK GUIDE:

1. Shake before use
2. Spray directly into mouth
3. Hold 5 seconds before swallowing



**By taking a sublingual spray, your body quickly absorbs the highest potential of the vitamin, making it one of the best ways to supplement your nutrition.**

Manufactured Exclusively for NUTRAFi. Parrish,  
Florida 34219, USA By: Mayor Labs, Inc. USA.

[www.nutrafi.com](http://www.nutrafi.com)

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.



BIOACTIVE  
BLEND



MADE IN  
THE USA



GLUTEN  
FREE



CRUELTY  
FREE



ALLERGEN  
FREE



ABSORBED  
WITHIN  
30 SEC.



UP TO 10X  
MORE  
EFFECTIVE  
THAN PILLS



NO  
FILLERS



NON-GMO

