



SUNSET

PRODUCT DATA SHEET

Life Force International's **SunSet** is a proprietary, liquid formula using time-tested herbs and herbal extracts designed to help calm the nervous system and manage the effects of stress on the body. These ingredients are synergistically blended to maximize the phytonutrients benefit of the product as a whole.

SunSet is rich in phytonutrients. Phytonutrients includes several classifications of health-supporting compounds. To learn more about the value of phytonutrients, go to www.usda.gov. Then use their search engine and type in "phytonutrients." You will receive over 400 articles from which to learn more about the extensively studied benefits of phytonutrients. Or, if you want a list of major research projects, you can go directly to: <http://nps.ars.usda.gov/locations/locations.htm?modecode=12-35-00-00>.

Ingredients:

Chamomile (Flower), Passion Flower (Flower), Valerian (Root), Skullcap Powder (Top & Leaf), Nopal (Leaf), Lemon Balm Powder, Gardenia Jasminoides (Fruit), Polygala, Tenuifolia (Root), St. John's Wort Extract (Leaf), and Coenzyme Q-10.

Other Ingredients:

Glycerin, Purified Water, Rice Hull, Natural Tropical Flavor, Citric Acid, Potassium Benzoate (less than 0.1% to preserve freshness).

Potential Benefits From Ingredients That:

- Support overall wellness. ^{1, 2, 3, 4, 5, 6, 7, 8, 9}
- Support calmness. ^{21, 22, 23, 24}
- Support healthy sleep. ^{9, 10, 11}
- Support healthy mood. ^{9, 16, 17, 18}
- Support healthy relaxation. ^{22, 23}
- * Do not promote drowsiness.



PRODUCT SPECIFICATIONS

PRODUCT NUMBER	LF350
DESCRIPTION	30-day supply
QUANTITY	2 fl oz/57g



Additional Educational Information For The Ingredients:

INGREDIENT

St. John's Wort

BENEFITS

Has been used historically in many countries. Clinical studies have supported its effective use for various things, as well as exhibiting antioxidant activity. ^{1, 2, 3, 4, 9}

Coenzyme Q-10

Has been shown in clinical studies to play a crucial role in the generation of cellular energy as well as possessing effective antioxidant properties. The production of Coenzyme Q-10 diminishes with age. It has been clinically shown to provide nutritional support for the cardio-vascular system. ^{5, 6, 7, 8}

Chamomile

Has been historically utilized for its calming benefits. Clinical studies have also demonstrated that it can be beneficial for healthy sleep as well as possessing other beneficial properties. ^{9, 10, 11}

Passion Flower

Has been clinically tested and shown to possess beneficial biological properties. ^{12, 13, 14, 15}

Valerian Root

Has been tested in controlled clinical trials and shown to have a positive effect on mood. ^{9, 16, 17, 18}

Nopal or Prickly Pear Cactus

Is one of the most commonly used herbs with some populations. It is also an excellent source of vitamin C. ^{19, 20}

Skullcap

Has been used historically for supporting a calm mood. ^{21, 22}

Lemon Balm

Has been traditionally been used its calming effect. ^{23, 24}

Suggested Use:

Shake before using.

Take 2-4 droppers-full*directly under the tongue and hold for 1-2 minutes to allow sublingual absorption.

*Denotes: One dropper-full is one full squeeze of the rubber bulb.

Servings:

SunSet comes in a 2-oz, amber-colored, glass bottle, which yields 30 servings @ 2 droppers-full per serving. When using 2 servings daily, SunSet is a 30-day supply.

Caution:

Keep out of reach of children.

Formulated for adult use.

Pregnant or lactating women should consult their health care professional prior to using any new product.

Shelf Life & Storage:

Once opened, SunSet has a shelf life of 3 months. Unopened, it has a shelf life of 1 year. Store at room temperature.

* 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.



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References:

This specific product or products have not been tested for any of the potential benefits listed herein. The following references apply to studies and/or research conducted with certain ingredients, or combinations of ingredients, used in formulating this product. Such ingredients may not be from the same source or processed in the same way as the ingredients used in this product.

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