



RECOMMENDED DOSE (ADULTS) FOR GRIZZLY HIBERNATE: Take 4 capsules orally once per day with 250mL (8.4 fl. oz.) of water, 30 minutes before bedtime.

/ DOSE RECOMMANDÉE (ADULTES) POUR GRIZZLY HIBERNATE : Prendre 4 capsules par voie orale une fois par jour avec 250mL (8.4 fl. oz.) d'eau, 30 minutes avant le coucher.

GO WILD.

@GrizzlySupplements
GRIZZLYSUPPLEMENTS.COM

Manufactured for and Distributed by:
GRIZZLY SUPPLEMENTS
South Surrey, BC V4A 1K7

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

GRIZZLY HIBERNATE: UNIT ²²



Medicinal Ingredients / Ingrédients médicinaux
Serving Size: 4 Capsules Daily (3.5g) Servings Per Container: 30
/ Une portion : 4 capsules par jour (3,5g), Portions par contenant : 30

Amount Per Serving / Quantité par portion	Single Capsule / Capsule unique	4 Capsule Serving / 4 capsules (1 portion)
L-Glycine	375mg	1500mg
Ashwagandha Extract (Withania somnifera, root, 10:1, QCE 750mg) / Extrait d'ashwagandha (Withania somnifera, racine, 10 : 1, QCE 750mg)	75mg	300mg
Tart Cherry Extract (10:1, QCE 750mg) / Extrait de cerise acidulée (10 : 1, QCE 750mg)	75mg	300mg
L-Theanine (L-Théanine)	50mg	200mg
Natural L-5HTP (From Griffonia Extract) / L-5HTP naturel (à partir d'extrait de Griffonia simplicifolia)	37.50mg	150mg
Gamma Aminobutyric Acid (GABA) / Acide gamma-aminobutyrique (GABA)	12.50mg	50mg
Zinc (Zinc Monomethionine) / Zinc (monométhionine de zinc)	2.30mg	9.20mg
Magnesium (Magnesium Aspartate) / Magnésium (aspartate de magnésium)	9.46mg	37.84mg
Vitamin B6 (Pyridoxine HCL) / Vitamine B6 (pyridoxine HCL)	2.63mg	10.52mg

Non-medicinal Ingredients: Magnesium stearate, microcrystalline cellulose, hypromellose, purified water, mannitol, silicon dioxide, starch / Ingrédients non médicinaux : Stéarate de magnésium, cellulose microcristalline, hypromellose, eau purifiée, mannitol, dioxyde de silicium, amidon

Keep out of reach of children. Recommended use or purpose: Helps to temporarily promote relaxation. Helps to promote healthy mood balance. Used as a sleep aid. Withania somnifera is traditionally used in Ayurveda as a sleep aid. Withania somnifera is traditionally used in Ayurveda for memory enhancement. Used in Herbal Medicine as an adaptogen to help increase energy and resistance to stress (e.g. in case of mental and physical fatigue related to stress). Source of (an) (non-essential) amino acid(s) involved in muscle protein synthesis. **Duration of Use:** Consult a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 1 year. Use for at least 1 week to see beneficial effects. **Allergen Warning:** Made in a facility that also processes milk, soy, sesame, egg, peanuts, tree nuts, fish/crustaceans/shellfish oils, and wheat products. **Cautions & Warnings:** Avoid taking with alcohol or products that cause drowsiness. Consult a health care practitioner/health care provider/health care professional/doctor/physician if sleeplessness persists continuously for more than 4 weeks (chronic insomnia). Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen. Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant or breastfeeding. Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking carbapoda or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, Sadenosylmethionine (SAMe), St. John's wort, antidepressants, pain killers, over the counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication. Stop use and consult a health care practitioner/health care provider/health care professional/doctor/physician if you show signs of weakness, oral ulcers, abdominal pain accompanied by severe muscle pain or if you experience skin changes. **Known Adverse Reactions:** Some people may experience diarrhea, nausea, vomiting and abdominal pain. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. **Contraindications:** Do not use this product if you have scleroderma. **Do not use if the seal is broken or missing / Ne pas utiliser si le sceau est brisé ou manquant.** For French information, please refer to the box / Pour les informations en français, veuillez vous référer à la boîte.

GMP
CERTIFIED

MADE IN CANADA / Fabriqué au Canada
From domestic and imported ingredients
/ À partir d'ingrédients canadiens et importés



GRIZZLY

HIBERNATE

SLEEP, RECOVER, GROW

SLEEP & GROWTH ENHANCEMENT SUPPLEMENT
/ Supplément d'amélioration du sommeil et de la croissance

120 VEGGIE CAPSULES **30 SERVINGS**
NET WT. / Poids Net **105g** / Portions

NPN 80124481

GRIZZLY HIBERNATE
SLEEP, RECOVER, GROW

1500mg L-GLYCINE

300mg ASHWAGANDHA

300mg TART CHERRY EXTRACT

200mg L-THEANINE

150mg NATURAL L-5HTP

Per 4-capsule serving

PLUS 4 MORE ACTIVE INGREDIENTS:

- **GABA** (Gamma Aminobutyric Acid)
- **ZMA Complex:**
 - ZINC MONOMETHIONINE
 - MAGNESIUM ASPARTATE
 - VITAMIN B6 (Pyridoxine HCL)