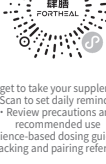


FORTHEAL® 肆膳®

Fourth Meal. For Heal. For Real. 三餐之外・由内而愈・真材实料



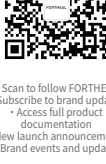
- Detailed product documentation
- Full raw-material COAs for this batch
- Official supplier materials
- Research summaries on ingredients
- Test reports and supporting files



- Forget to take your supplements?
- Scan to set daily reminders
- Review precautions and recommended use
- Science-based dosing guidance
- Stacking and pairing references



- Scan to join the FORTHEAL Health community
- Product Q&A and personalized guidance
- Wellness practices and discussions
- Supplement-selection tips
- Member-exclusive offers



- Scan to follow FORTHEAL
- Subscribe to brand updates
- Access full product documentation
- New launch announcements
- Brand events and updates

【About FORTHEAL肆膳】

Drained by work all day, yet reluctant to fall asleep at night — we know this state too well. We've been those office workers. We've worked in nutritional supplements and pharma. We've been picky "supplement people" for years. And yet, even we — the ones who supposedly knew the industry — kept hitting the same walls: dosages left vague, suppliers undisclosed, no way to verify whether the label matches what's actually in the bottle. You buy a bottle, and you can't say what's in it, how much of it, or whether it's doing anything. We didn't want to keep being uncertain consumers — and even less, we didn't want to become that kind of brand. So we built FORTHEAL. Three meals a day take care of hunger and immediate energy. But the body wears down at deeper levels that three meals can't always restore. We call this the modern person's Fourth Meal (FORTHEAL: Fourth Meal • For Heal • For Real) — not medicine, not habit-forming, not a fix for "what happens if I skip a day," but a way to fill in what's hard to get from food yet quietly accumulates as a long-term deficit. A way of living we can sustain — and a brand we ourselves, and our friends and family, would take long-term.

【What We Believe】

What goes into your body deserves caution. Health products are things you ingest. If we wouldn't take it long-term ourselves, or give it to our families, we won't sell it to you. Respect the science — and respect the limits of the evidence. We prioritize ingredients with human-trial support. We don't chase folk remedies or unproven trends. We say only as much as the evidence permits — and never overstate. Compliance isn't a cost. It's the floor. From raw materials and packaging to credentials and processes, compliance is a line we won't cross — no gray areas, no shortcuts. This is what we owe you, and what we demand of ourselves. Treat customers as we'd treat ourselves; treat friends and family as our users. We want transparency, so we hide nothing. We want dosages that work, so we don't underdose. We want to be respected, so we don't treat you as an afterthought.

Growth can wait. When a product genuinely solves a problem and feels safe to take, repeat purchase and word-of-mouth follow on their own. We're not here for one-time sales. We'd rather earn growth through reputation than through advertising.

【How We Make Our Products】

Sourcing — money goes where it actually decides effect and safety. For ingredients where safety, oxidation, or absorption is the real challenge, we favor globally patented raw materials and don't try to save money here. For ingredients where Chinese manufacturing has matured to export-grade quality, we refuse to pay the premium for an overseas brand name and choose market-tested, scaled suppliers instead.

Dosing — enough to work, never wasted. For each ingredient, we triangulate multiple references: common and recommended ranges from human studies, guidance from authoritative bodies (e.g. EFSA), input from raw-material suppliers and field experts, and dosages used in established market products. We aim for an "evidenced and safe" range — not for a number that looks impressive on the label. We won't pile on either: when the marginal gain from an extra dose is negligible, we won't charge you for it.

Absorption — what's invested has to be usable by the body. We don't just look at how much went in, but how much your body actually takes up. Where absorption enhancers or synergistic pairings are needed, we don't skip them.

Formulation — only combinations with real grounding. Every ingredient is here because it mechanistically complements the others — not to inflate ingredient count. We don't slap our label on off-the-shelf formulas, and we don't chase trends. If an ingredient would need too much volume to be effective but genuinely complements the formula, we'd rather suggest you buy a quality version separately than add a token amount to "look comprehensive."

【Our Promises】

Full dose, no shortcuts. We tend to the level needed to be effective, and add buffer to compensate for losses in production and

storage — what's on the label is what's in the capsule.

Every batch is tested. Reports accessible. Every finished batch is sent to an independent third-party lab for multi-panel testing (microbiology, heavy metals, and core active-ingredient content). Test reports and raw-material COAs can be accessed via our website, Customer Service account, the QR code on this insert (linking to the digital "Full Product Documentation"), or by contacting customer service.

Safety and compliance are non-negotiable. Each formula has undergone an ingredient-compatibility safety review, with no known adverse interactions found. We use no substandard substitutes in raw materials, excipients, capsule shells, or packaging. Production is at a GMP-licensed Hong Kong pharmaceutical factory — credentials in order, processes by the book.

No price gouging, no race to the bottom. Our pricing reflects only quality ingredients + strict QC + basic marketing + reasonable margin. We don't make cheap products, and we have no interest in making something merely "passable."

What we save, we return to you. We don't try to win customers through heavy ad spend. We return that budget to long-term repeat customers and to those who recommend FORTHEAL to friends and family.

【Who FORTHEAL Is For】

Few people will read this far. Most people buy a supplement, glance at the package, and toss it in a drawer. But you opened this insert. You want to know what's actually in the capsule, why these dosages, where the evidence comes from. That "I need to understand this" instinct may have cost you extra time on many things — but it's probably also kept you out of a lot of traps.

FORTHEAL is built for people like you: those who, when uncertain, look things up and consult AI tools; who weigh evidence over slick copy; who care about the raw materials themselves, not the adjectives on the box; who'll pay for what truly works — and can tell the difference from what just looks like it does. Whether you're running on all cylinders in a demanding career, looking after your own and your family's health, or simply playing the long game for your body — if you're serious, we're with you.

【Testing Statement】

This product undergoes pre-release testing for pesticide residues, heavy metals, microbial contamination, and other safety parameters, and meets the applicable safety standards. Every finished batch is independently tested by a third-party laboratory, with test reports made publicly accessible.

【Producer Information】

Manufacturer

WRIGHT LIFE PHARMACEUTICAL LTD. (莱特维健药厂有限公司)

Address: 2A, Universal Industrial Bldg., No. 60-62 Sha Tsui Road, Tsuen Wan, N.T., Hong Kong
Wright Life is a Hong Kong-licensed pharmaceutical manufacturer, holding the Hong Kong Department of Health's Proprietary Chinese Medicine Manufacturer Licence and a U.S. FDA Food Facility Registration. It is certified to GMP, ISO 22000, and HACCP quality-management systems, and its products are independently tested by third-party authorities including STC and SGS. As a long-standing supplier to Mannings, Watsons, and major chain pharmacies in Hong Kong, Wright Life brings over a decade of manufacturing experience.

Brand Owner

FORTHEAL INTERNATIONAL LTD. (肆膳国际有限公司)

Address: Room 1450, 14/F, Eton Tower, 8 Hysan Avenue, Causeway Bay, Hong Kong

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Mainland China Affiliate and Operating Entity: Beijing Sishan Health Technology Co., Ltd. (北京肆膳健康科技有限公司)



Website: www.fortheal.hk • Phone: (852) 9274 4156 • Email: contact@fortheal.hk

Official WeChat Mini Program Store: [FORTHEAL肆膳](#) • Official E-commerce Store: [FORTHEAL肆膳海外旗舰店](#)

FORTHEAL® 肆膳®

GABA Complex Capsules — Product Information Leaflet

***Please read this insert carefully before use and retain for future reference.**

Disclaimer: This product is a dietary supplement, not a drug. It is not intended to prevent, diagnose, treat, or cure any disease or condition, and has not been approved, registered, or evaluated for efficacy by the U.S. Food and Drug Administration (FDA) or the Hong Kong Department of Health. All descriptions of ingredients in this insert are drawn primarily from publicly available research, nutritional properties, and official supplier materials. They are intended to clarify each ingredient's role in the formula, not to make any preventive or therapeutic claim regarding any disease or condition. This product is intended for daily nutritional supplementation by healthy adults and is not a substitute for a balanced diet or professional medical care. Individual responses vary. If you are pregnant or breastfeeding, under 18, have a medical condition, or are taking medication, consult a physician or qualified professional before use (see Contraindications and Use With Caution).

【Who It's For】

This is a sleep-support nutritional formula that contains no melatonin and relies on no hormones; its design targets a state common among high-pressure individuals — a "slow start to falling asleep." If any of the following describes you, this product may suit you:

Long sleep-onset latency: after you lie down, your mind is still running at full speed — the harder you try to sleep, the more awake you feel — and it often takes more than 30 minutes to drift off.
Disrupted circadian rhythm: high-intensity mental work, late nights, or frequent cross-time-zone travel have thrown off your body clock, leaving you keyed up at night when you should be winding down.
Stress-type light sleeper: under sustained stress, you often feel anxious or notice a racing heart; at night you dream a lot or wake easily, and find it hard to fall back asleep.

Sensitive to sleep-aid "hangover": you've had the noticeable next-day grogginess, brain fog, or poor focus that can follow melatonin or traditional herbal sleep aids, and you're looking for a cleaner alternative with no residual feeling.
Avoiding prescription hypnotics: out of concern over dependence, tolerance, and potential effects on cognition, you would rather not — or cannot — use prescription hypnotics such as benzodiazepines.

This product is designed for the kind of state described above, offering everyday support through nutritional-level ingredient pairing — it does not "knock you out." Whether it suits you, and how well it works, is best judged against your own situation.

【Formula Logic】

For many people who sleep poorly, the trouble isn't "sleeping lightly" so much as "not being able to switch the mind off" — when

it's time to rest, thoughts are still replaying the day and planning tomorrow. Behind this state is a nervous system that should be going offline but hasn't yet received the "slow-down signal." The mainstream options are either melatonin (which adjusts the body clock — the "what time you want to sleep") or prescription hypnotics (forced sedation, with hangover and dependence concerns). What this product aims to offer is a third path: no melatonin, no hormone dependence, organized around one goal — helping the nervous system transition from keyed-up to calm — with four ingredients each playing a distinct role and backing each other up: For "stress running high, still tense after lying down" — handled by Lactium® (casein hydrolysate). Its active decapeptide, α-casozepine, has been found in research to bind the benzodiazepine site of the GABA-A receptor; in nutritional terms it plays the "stress-easing" role, and it is the "first mover" in this pairing.

For "thoughts racing, unable to settle" — handled by L-theanine. A natural amino acid in green tea, it is associated in research with the "alert relaxation" Alpha brain-wave state, helping awareness move from keyed-up to calm.
For "neural over-arousal, hard to quiet down" — handled by GABA (γ-aminobutyric acid). It is an inhibitory neurotransmitter in the body that plays the "brake" role in neural signaling. (How much orally taken GABA reaches the central nervous system is still debated in the scientific community, so this product has it work in synergy with the other three rather than relying on it alone.) As the formula's synergistic slot — handled by apigenin. A natural flavonoid in plants such as chamomile and pomelo, it is regarded in research as a positive allosteric modulator of the GABA-A receptor; its role is to amplify the output of the ingredients above.

Beyond "how they're combined," three principles run throughout:
Enough is enough — a four, not six: each ingredient maps to one clear line of action (offload stress, calm brain waves, lower neural arousal, add synergy) — no overlap, no filler. Restraint is itself a design choice.
Stay within evidence ranges, not "concept dosing": the daily amount of each of the four ingredients is set by reference to common human-study ranges and expert/authority guidance — we reject "concept dosing" at levels below the effective range.
Zero melatonin, no hormone dependence: all four ingredients act on the regulatory side of neural receptors; they do not use exogenous hormones to forcibly rewrite the body clock.

After taking it, you may gradually notice your breathing deepen and tension ease, then a heaviness in the limbs and less urge to

reach for your phone, a steadier night, and less grogginess on waking. Note that the strength and timing of these sensations vary considerably from person to person.

【Basic Information】

Packaging: Full size — 60 capsules per bottle, 2 capsules per serving, 30 servings per bottle, a 30-day supply at one serving per day. Trial size — 6 capsules per sachet, 2 capsules per serving, 3 servings per sachet, a 3-day supply at one serving per day. Size 0 capsules, approximately 520 mg each (with approximately 420 mg fill weight).

Ingredients (per 2-capsule serving): γ-aminobutyric acid (GABA) 200 mg, L-theanine 100 mg, casein hydrolysate (Lactium®) 150 mg, apigenin (extracted from the fruit of pomelo, Citrus grandis L.; ≥98% apigenin) 200 mg.

Other ingredients: Hydroxypropyl methylcellulose (Huangshan HPMC white, gastric-soluble vegetarian capsule shells), modified starch (pregelatinized starch), anti-caking agents (magnesium stearate, silicon dioxide).

Allergens: Contains milk (from the Lactium® casein hydrolysate source).

Shelf life: 36 months. See outer packaging and bottle for specific expiration date.

Product note: This product uses a high proportion of natural-source raw materials. Minor settling or stratification of the powder inside the capsules during transit is normal and does not affect quality or use.

【Ingredient Profiles】

Our sourcing logic is to spend where it truly matters for effect and safety. For ingredients where safety, stability, or absorption is the central challenge, we favor globally patented raw materials. For ingredients where Chinese manufacturing has matured to export-grade, we choose market-tested, traceable, scaled suppliers.

Casein Hydrolysate (Lactium®)

Role in the formula: The formula's "first mover," addressing the most typical complaint — "I'm clearly exhausted, but my mind keeps running after I lie down." Supplementing GABA or taking melatonin is often not enough for this state, because the stress signal is still being sent at its source; Lactium®'s role in the formula is to blunt that signaling pathway at the source. We place it first among the four ingredients precisely because it handles the most upstream task: before sleep can happen, the nervous system first has to be willing to clock off. Many people report that, after taking it, the "non-stop internal chatter" gradually slows down.

Raw material highlights: Lactium® has an interesting origin — it began with a simple observation: why does a baby settle so readily into a peaceful, deep sleep after feeding? Through years of collaboration between France's Ingredia and the French National Institute for Agricultural Research (INRA), a soothing active decapeptide was isolated from milk αs1-casein and named α-casozepine (αs1-casein f91-100); a food-grade enzymatic-hydrolysis patented process was then used to reproduce, in vitro, this peptide that adults can no longer readily break down on their own. In research it has been found to bind the benzodiazepine site of the brain's GABA-A receptor (the same site as some prescription hypnotics); yet under OECD/GLP toxicology evaluation, its safety profile differs from that of benzodiazepine drugs. Its evidence and compliance chain are also quite complete: per supplier materials, Lactium® has been the subject of 9 randomized, double-blind, placebo-controlled human clinical trials covering more than 500 subjects; it holds GRAS status and an NDI approval in the U.S., has 7 authorized "stress and sleep" structure/function claims, and has obtained regulatory recognition in Korea, Australia, Brazil, and elsewhere; it has also been approved by China's Ministry of Health as an ordinary food ingredient. This batch's tested COA (batch U26051): protein 80.72%, core active decapeptide αs1-CN (f91-100) >1.80%, antibiotic/inhibitor residues not detected, with lead, arsenic, aflatoxin M1, and the like all below limits.

Supplier: France's Ingredia, founded in 1991; its parent is Prospérité Fermière, a French dairy cooperative group established in 1949 that unites roughly 800 farms in northern France and focuses on milk-derived bioactive ingredients. In 2022 it became a B Corp® (its social-responsibility, environmental, and animal-welfare practices independently verified), and it holds FSSC 22000 and other international certifications. Lactium® is patent-protected and is currently supplied exclusively by Ingredia.

Dose rationale: Across multiple double-blind RCTs, the common clinical dose of Lactium® is 150 mg/day (usually with a 30-day continuous observation period); this product follows that range. Its specificity comes from that active decapeptide, which is difficult to replace with ordinary casein hydrolysate — which is exactly why we choose to lock it in despite the higher cost.

γ-Aminobutyric Acid (GABA)

Role in the formula: GABA is an inhibitory neurotransmitter in the body that plays the "brake" role in neural signaling, addressing the "it's time to sleep but the mind won't switch off" state. To be candid: how much orally taken GABA reaches the central nervous system is still debated in the scientific community; this product therefore does not rely on high-dose GABA alone, but has it work in synergy with Lactium® and apigenin — one tuning receptor sensitivity, one amplifying the signal — which is steadier overall than piling on a single ingredient, and less prone to tolerance over long-term use.

Raw material highlights: GABA raw materials vary widely by process route — chemical synthesis and fermentation are both common, and some routes can carry solvent or endotoxin residue. This product uses Harworld Biology's Bacillus subtilis whole-cell bioconversion process — Bacillus subtilis is a U.S. FDA GRAS production strain, and compared with routes such as monosodium-glutamate decarboxylation, it is more favorable for controlling endotoxin and residual foreign protein. The underlying patent for this process originates from technology at Jiangnan University (a leading institution in food science and engineering), licensed to and industrialized by Harworld. This batch's HPLC-tested content: 99.4%, with loss on drying of only 0.04% (standard ≤1.0%) — a very low moisture content that helps the ingredient stay stable through shelf life.

Supplier: Harworld Biotechnology Co., Ltd., a National High-Tech Enterprise with dedicated microbiology laboratories and an R&D team including PhD- and master's-level staff. Its γ-aminobutyric acid was selected in 2025 for the Ministry of Industry and Information Technology's (MIIT) first "Landmark Bio-Manufacturing Products" list; it operates 2 national MIIT bio-manufacturing bases and 2 provincial engineering-technology centers, holds 100+ national invention patents, and is a deputy lead drafting organization of China's light-industry standard for γ-aminobutyric acid (QB/T 5633.7-2022); its refining line holds

FSSC 22000, U.S. FDA Food Facility Registration, and Kosher & Halal certification — making it one of the representative Chinese GABA suppliers exporting overseas.

Dose rationale: Across multiple human studies, the common range for GABA used in sleep support is 100–300 mg/day; this product uses 200 mg/day, at the midpoint of that range — balancing the evidence with long-term safety, and leaving room for synergy with the other three ingredients.

L-Theanine

Role in the formula: L-theanine is an amino acid naturally present in green tea, associated in research with the "alert relaxation" Alpha brain-wave state, addressing the "thoughts racing, unable to settle" state. What it addresses is not excitability at the neurotransmitter level, but rather helping awareness transition from keyed-up to calm — many describe it as "my mind is still clear, but I'm not as anxious." It is a common pairing with GABA in sleep nutrition, and the two often appear together in related human studies.

Raw material highlights: Theanine comes in levo (L-) and dextro (D-) forms, and only the L-form matches human receptors. This product uses Sichuan Tongsheng's enzymatic chiral-resolution process to ensure a pure L-form, excluding the D-form impurities common to chemical synthesis. This batch tested in compliance with the U.S. Pharmacopeia (USP) standard: content 99.41%, specific rotation +7.80° (confirming pure L-form), loss on drying 0.22%.

Supplier: Sichuan Tongsheng Amino Acid Co., Ltd., founded in 2003, long focused on the synthesis and purification of amino acids and pharmaceutical intermediates, and a supply-chain partner to multinational pharmaceutical companies such as Pfizer, Novartis, Gilead, Sanofi, and Takeda — the raw material used here comes from the same production and quality-control system as those innovative drugs.

Dose rationale: Across multiple human studies, the common range for theanine used in sleep support is 200–400 mg/day; this product uses the lower bound of 200 mg/day — a deliberate choice: taking a conservative value within the effective range to

reduce the chance of residual daytime drowsiness from excess.

Apigenin

Role in the formula: The formula's "synergy slot." Apigenin does not itself directly activate the GABA-A receptor; rather, it is regarded in research as a positive allosteric modulator of it, its role being to amplify the output of the ingredients above. To be candid: human evidence for oral apigenin is still relatively limited, so we position it as a synergistic ingredient rather than a primary active — which is also why we kept it when choosing "four ingredients": it doesn't carry the lead, but without it, the formula's synergy would be missing a corner.

Raw material highlights: Most apigenin on the market is extracted from whole celery plants, but deep-rooted plants readily accumulate soil heavy metals and often carry a grassy off-note. This product's apigenin is extracted from the fruit of natural pomelo (Citrus grandis L.), avoiding that risk at the source, with a cleaner odor as well. This batch's HPLC-tested content: 98.24% (standard ≥98.0%); residual solvent pyridine 2.9 ppm, lead 0.009 ppm (both below limits); no excipients, no irradiation, non-GMO.

Supplier: Xi'an App-Chem Bio (Tech) Co., Ltd. (APPCHEM; Nasdaq: BON), founded in 2006 and listed on Nasdaq in 2021; as a public company, its procurement, processes, and finances are subject to routine audit. Its plant has passed an on-site U.S. FDA inspection (EIR concluding "Closed"), and it holds FDA registration, ISO 22000, Kosher & Halal, and EcoVadis certification.

Dose rationale: Stanford's Andrew Huberman uses a baseline reference of 50 mg in his sleep protocol; given the stress load of this product's target users, we use 100 mg. This dose is already in the stronger functional tier, and because apigenin inhibits the liver enzyme CYP3A4, we recommend cyclical use such as "five days on, two off," and do not advocate uninterrupted year-round reliance (see [Contraindications] and [Special Notes]).

Lactium® is a registered trademark of Ingredia S.A., used under license.

【Directions】

Standard use: 1 serving of 2 capsules daily, swallowed with warm water 30–45 minutes before sleep. We suggest washing up, dimming the lights, and getting ready for bed right after taking it.
Dynamic adjustment: During cross-time-zone travel, project crunch, or higher stress — or when your sleep-onset threshold is high — you may increase to 3 capsules short-term for the first 3–5 days; as your routine stabilizes, reduce to 1 capsule, or switch to "as needed" (taking it only on nights you anticipate trouble falling asleep).

Complementary pairing: If you also often have a stiff neck and shoulders, tense muscles, or wake easily in the middle of the night, you may add a high-quality magnesium supplement (such as magnesium glycinate or magnesium theonate) before bed — magnesium is mostly used for muscle-level relaxation, complementing this product's role. (Note: FORTHEAL does not yet offer a standalone magnesium product; please source your own or consult customer service.)

Product synergy: This product focuses on the night; pair it with FORTHEAL's Ergothioneine Complex Capsules (for the daytime) to form a "day + night" circadian pairing.

【Contraindications】

The following groups should not use this product:

Those with severe milk-protein allergy: this product contains Lactium® (a milk hydrolysate peptide); lactose content is very low (<1%), but it is contraindicated for those with severe milk-protein allergy.
Minors under 18, and women who are pregnant or breastfeeding (long-term clinical data are lacking for these populations).
Those taking prescription hypnotics (benzodiazepines, etc.) or targeted anticancer drugs (do not take with benzodiazepines to avoid excessive central sedation); apigenin may affect the metabolism of targeted drugs such as dasatinib — do not take together. Those about to drive or operate machinery after taking: this product may cause drowsiness; do not drive or perform

high-alertness tasks after taking it.

【Use With Caution】

The following groups should consult a physician before use:

Those taking CYP3A4-substrate medications (e.g. amlodipine, statins, certain anticoagulants) or SSRI/SNRI antidepressants — apigenin may alter their blood concentrations; watch for fluctuations.
Those with severe hepatic/renal impairment, a history of epilepsy, thyroid abnormalities, or a marked tendency to low blood pressure (GABA has a mild vasodilatory effect).
Adults aged 65+: slower metabolism — start with 1 capsule, and be alert to nighttime falls when getting up.

【Interactions】

Alcohol (serious warning): Do not drink alcohol within 2 hours before or after taking. Alcohol greatly amplifies the inhibitory action of GABA receptors, posing an uncontrollable risk.
Cannabinoids (CBD/THC): Overlapping effects on neural pathways; do not take together.
Caffeine and grapefruit juice: A large amount of caffeine within 2 hours before bed will counteract this product's effect; grapefruit juice magnifies drug-interaction risk — please avoid where possible.

【Side Effects】

The four ingredients are not addictive substances such as benzodiazepines; per the combined safety assessment of the

ingredients, no known adverse interactions were identified. A small number of people may experience the following mild, reversible run-in reactions:
Initial adaptation: A very few people may experience mild daytime fatigue or brief abdominal discomfort in the first 1–3 days (a GABA adaptation process), usually disappearing after 3–7 days of adjustment; if it persists, reduce to 1 capsule/day.

Apigenin sensitivity: This product's apigenin is purified from pomelo fruit; those with severe citrus allergy (very rarely, rash, etc.) should stop use and seek medical care.

【Storage】

This product's core ingredient (GABA) is highly hygroscopic; always tighten the cap immediately after use. Store below 25°C in a cool, dry, light-protected place; do not refrigerate (the refrigerator's high humidity, and the condensation produced by temperature swings, will cause the active powder to absorb moisture, clump, and lose potency). Keep away from bathrooms, kitchen-sink areas, radiators, and sunlit windowsills or car interiors. Do not remove or discard the large-capacity composite desiccant inside the bottle until the bottle is finished. Keep out of reach of children and pets.

【Special Notes】

This product is a dietary supplement, not a drug; it cannot prevent, treat, or cure disease. All efficacy descriptions are based on publicly available clinical research data on the raw materials. Its statements regarding sleep and stress apply to the supplementary regulation of subclinical states in healthy adults; if you have been diagnosed with insomnia disorder, anxiety disorder, depression, or another psychiatric/neurological condition, this product is not a substitute for professional medical diagnosis and treatment — please follow your physician's plan first.

Dosing rhythm: We recommend 4–8 weeks of short-term continuous use to build a sense of effect; over the medium-to-long term, adopt a "five days on, two off" or "ten days on, five off" rhythm (resting 2 days each week, or 5 days every 10) to keep body and mind from forming a dependence on any sleep aid. We do not encourage uninterrupted year-round reliance — the real goal is to help the body "relearn" how to fall asleep efficiently, not to do it for the body.

Individual variation: Genetic background, receptor sensitivity, current stress level, and lifestyle all affect how quickly and strongly effects appear; some people need 2–3 weeks to feel a marked improvement. For "chronic difficulty falling asleep" (>45 minutes, lasting >3 months), improvement is maximized only alongside lifestyle adjustments (managing blue-light exposure, keeping a regular routine); if you see no improvement at all after 4 consecutive weeks of use, stop and seek medical evaluation for other causes.

What we hope to offer is a lifestyle, not a dependence: keep it on the nightstand as an "insurance policy," not a nightly "necessity" — just as you wouldn't take a painkiller every day to prevent headaches, but when one strikes, you want to know there's a reliable option.