



ZARBEE'S
INSPIRED BY NATURE

For healthy, happy kids...
there's nothing like a good night's sleep

A well-rested child is likely to:

- Be in a better mood
- Have energy and focus
- Have a healthy immune system

Build a bedtime routine. Try these tips:

- Keep the same bedtime and wake-up time every day
- No screen time 1 to 2 hours before bedtime
- No caffeine in the afternoon

Signs your child may not be getting enough sleep:

- Trouble waking up in the morning
- Moody or cranky
- Struggling to focus in school

How much sleep do kids need?

3-5 year olds: **10-13 hours** (including naps)

6-12 year olds: **9-12 hours**

13-18 year olds: **8-10 hours**

For occasional sleeplessness

Zarbee's® Children's Sleep with Melatonin works with your child's sleep and wake cycles

When it gets dark, melatonin tells your brain to get ready for sleep. If children have trouble falling asleep sometimes, a melatonin supplement can help get their sleep cycle back on track.*

How to use Zarbee's® Children's Sleep with Melatonin

If your child weighs less than 31 lb (14 kg), or is under 3 years of age, these products are not recommended for use. Talk to your doctor before use if your child is taking medicine or is under a doctor's care for a medical condition.

Zarbee's® Children's Sleep Chewable Tablets and Gummies with Melatonin

1 mg melatonin per tablet or gummy

| | |
|-------------------|---|
| 3-5 years | Ask your doctor; don't give more than 1 tablet or gummy |
| 6-12 years | 2 tablets or gummies |
| 12+ years | 3 tablets or gummies |

Give 30 to 60 minutes before bedtime.

Zarbee's® Children's Sleep Liquid with Melatonin

1 mg melatonin per mL of liquid

| | |
|-------------------|--|
| 3-5 years | Ask your doctor; don't give more than 1 mL |
| 6-12 years | 2 mL |
| 12+ years | 3 mL |

Using the provided dropper, give 30 to 60 minutes before bedtime.



Dietary supplement

- Drug-free and non-habit forming
- Made with high-quality melatonin
- No alcohol, gluten, or artificial flavors



For kids 12+, ask your doctor about our 3 mg Sleep with Melatonin Gummy.

Scan to join Care Club!

Earn points you can redeem for gift cards, chances to win exciting prizes, and much more.



Visit Zarbees.com for more information.



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*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.