

Lights Off™

FAQ'S

What is the shelf life of the Lights Off™ Pouches/Canister?

Shelf life has many factors to consider. Where you store and where you live will affect the life of this product as well as almost any consumable product. We recommend storing in a cool dry place. Average shelf life is 2 years. Storing or transporting in the trunk of your car during the summer is not a good idea.

The Lights Off™ label says to drink it about an hour before bedtime, but it affects me within 15 minutes. Am I doing something wrong?

All products will affect each individual differently. If you feel the de-stressing, relaxing effects of Lights Off™ faster or slower than the label implies, simply adjust the time you consume Lights Off™ to fit your particular circumstances and desires.

I thought Lights Off™ was supposed to make me sleep... but it doesn't.

Lights Off™ is not a sleep product – it is a relaxation product. Lights Off™ WILL NOT MAKE YOU SLEEP. It will, however, allow your body to fully relax and release stress to prepare your body for a deep, restorative nights sleep. Because your body naturally repairs and rejuvenates itself during the sleep process, Lights Off™ helps your body get to that optimal stage through proper relaxation and stress release.

How much Melatonin is in each Lights Off™ Packet?

There is less than 10 mg of Melatonin in every serving of Lights Off™.

How much Sodium is in the Lights On™ and Lights Off™?

Sodium content per serving:

Lights Off < 1mg < 1 % daily value

Lights On 20mg < 1% daily value

How much sugar does Lights On™ and Lights Off™ contain?

Lights On contains 5 grams of sugar per serving

Lights Off contains 2 grams of sugar per serving