

**Suggested Use:** Take 1 capsule, one half hour before sleeping, preferably on an empty stomach.

**Note:** If you are pregnant or lactating, consult a health care professional before using this product. **Keep out of reach of children.** Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Physician's Preference®**

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**PHYSICIAN'S PREFERENCE®**

## Daily Essentials

DR. HOTZE'S

*Sleep Formula*

SUPPORTS RESTFUL SLEEP†

625 mg

Dietary Supplement

30 Capsules

## Supplement Facts

Serving Size: 1 Vegetarian Capsule

| Amount Per Serving                      | % Daily Value |      |
|-----------------------------------------|---------------|------|
| Niacin (as Inositol hexanicotinate)     | 5mg           | 25%  |
| Vitamin B6 (as Pyridoxine HCl)          | 5mg           | 250% |
| L-Tryptophan                            | 500mg         | *    |
| Chamomile (flower)                      | 25mg          | *    |
| Valerian Extract                        | 25mg          | *    |
| Melatonin                               | 1mg           | *    |
| Inositol (from Inositol hexanicotinate) | 1.4mg         | *    |

\*Daily Value not established.

**Other ingredients:** Cellulose, microcrystalline cellulose, silica, magnesium stearate, hydroxypropyl cellulose.