

Suggested Use: Adults, take 2 to 6 capsules 30 minutes before bedtime or as recommended by a healthcare provider. Continue daily use until a normal sleep pattern is established, then take as needed. **Caution:** Do not take prior to driving or operating machinery.



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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.

Children, women who are pregnant or nursing, and all individuals allergic to any foods or ingredients should consult their healthcare provider before using this product. You should not stop taking any medication without first consulting with a healthcare provider. To report a serious adverse event or obtain product information, contact 1-800-991-7116.



Store in a cool, dry place. Do not use if seal is broken.

Item 30320

L1005-01

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**Peaceful
Sleep™**



Dietary Supplement
60 Capsules

Supplement Facts

Serving Size 2 capsules

Servings per Container 30

	Amount per Serving	% Daily Value
Thiamin (as thiamin HCl)	1 mg	67%
Riboflavin (as riboflavin-5-phosphate sodium)	0.25 mg	15%
Niacin	2 mg	10%
Vitamin B6 (as pyridoxine HCl)	0.25 mg	13%
Folic Acid	50 mcg	13%
Vitamin B12 (as cyanocobalamin)	5 mcg	83%
Biotin	1000 mcg	333%
Pantothenic Acid (as d-calcium pantothenate)	69 mg	690%
Calcium (as d-calcium pantothenate)	5.25 mg	1%
Magnesium (as magnesium sulfate)	150 mg	38%
Proprietary blend	885 mg	*
Zizyphus Spinosa (fruit), Passiflora Incarnata (flower) Extract, GABA (Gamma Aminobutyric Acid), Inositol, L-Glutamine, Poria Cocos, Anemarrhena Asphodeloides (root), Ligusticum Sinense (root) Extract (chuan xiong), Glycyrrhiza Glabra (root), TMG (trimethylglycine), 5HTP (hydroxytryptophan) (from griffonia simplicifolia seed extract), Dopamine 30X, Acetylcholine 30X, Histamine 30X.		
*Daily Value not established.		

Other ingredients: Gelatin, magnesium stearate, corn starch, silicon dioxide, rice flour.

Manufactured for and distributed by TriVita, Inc., Scottsdale, Arizona USA