

QUALITY GUARANTEED

This product has been manufactured and packaged in strict conformance with industry and government standards.

TAMPER RESISTANT SEAL

If printed heat induced seal appears to be tampered with, do not use product.

Directions: Adults - Take 1-2 tablets as needed prior to bedtime as a dietary supplement.

Warning: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Store in a dry, controlled room environment.
Keep Out of the Reach of Children.

Nature's Measure™

**Relax
& Sleep**

Dietary Supplement
Helps you relax and
promotes restful sleep*

30 TABLETS



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% DV
Valerian Root Powder (<i>Valeriana officinalis</i>)	75 mg	**
Chamomile Herb Powder (<i>Matricaria chamomilla</i>)	25 mg	**
Melatonin	0.2 mg	**

** Daily Value not established.

Other Ingredients: Microcrystalline cellulose, dextrose, stearic acid, silicon dioxide.

GUARANTEED NO ADDED: Yeast, egg, fragrance, artificial colors or flavors and preservatives.

*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.

M109540 MFG 03/12



Product #989029 Rev. - 0510A
DISTRIBUTED BY:
GREENBRIER INTERNATIONAL, INC.,
CHESAPEAKE, VA 23320
MADE IN USA
Questions? Comments?
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