

SUGGESTED USE: Take 3 capsules away from food 30 minutes prior to bedtime or as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

CAL PROP 65 WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

For more information regarding California Proposition 65 see:
www.seekinghealth.com/media/Prop65.pdf

STORAGE: Keep closed in a cool, dry place out of reach by children.

Albion and TRAACS are registered trademarks of Albion Laboratories, Inc. Malate covered by U.S. Patent 6,706,904 and patents pending.

Sharp•PS® GREEN is a registered trademark of Enzymotec Ltd.

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P H Y S I C I A N F O R M U L A T E D



SeekingHealth®

Optimal Sleep

Dietary Supplement

90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Niacin	50 mg	313%
Vitamin B6 (as pyridoxal 5'-phosphate)	25 mg	1,471%
Magnesium (as Albion® Di-Magnesium Malate)	200 mg	48%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	15 mg	136%
Ashwagandha Extract (<i>Withania somnifera</i>)(root)(5% withanolides)	250 mg	*
Phosphatidylserine (Sharp•PS® GREEN)	50 mg	*
5-HTP (5-hydroxytryptophan) (from <i>Griffonia simplicifolia</i>)(seed)	50 mg	*

* % Daily Value Not Established.

Other Ingredients: HPMC (capsule), microcrystalline cellulose, ascorbyl palmitate, silica, and medium-chain triglyceride oil.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, or wheat.

Optimal Sleep Meets or Exceeds cGMP Quality Standards.

REV. 092716

ZCL-SKGHEALTH-045-02

This package is completely recyclable ♻️