

Julian Whitaker, MD's **Restful Night Extended Release™** is complementary to a high-quality multivitamin program such as **Forward Plus Daily Regimen®** and **Forward Gold Daily Regimen®**.†

UNCONDITIONALLY GUARANTEED for purity and potency. Store bottle in a cool, dry place.

†PharmaGABA® is a registered trademark of Pharma Foods International Co., Ltd. (Japan)

This product contains nutraceutical ingredients; therefore, color variations may occur.

†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.

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Lot No. / Exp. Date



DR. WHITAKER



Restful Night Extended Release™

FOR HELP TO FALL ASLEEP
AND STAY ASLEEP†

Includes PharmaGABA®,
L-Theanine, and 3 mg Melatonin

Dietary Supplement

30 Dual Layer Tablets

Doctor's Suggested Use: Take 1 dual layer tablet 30 minutes before bed.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 30

Amount Per Serving	% DV
Extended Release Restful Sleep Blend	201.5 mg *
L-Theanine	200 mg *
Melatonin	1.5 mg *
Instant Release Sleep Induction Blend	101.5 mg *
Gamma Amino Butyric Acid (as PharmaGABA® from fermentation)	100 mg *
Melatonin	1.5 mg *

*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, dicalcium phosphate, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, vegetable juice color, glycerin

Warning: Pregnant or lactating women should consult a health care professional before taking this product. Do not drive or operate heavy machinery while taking this product. **Keep out of reach of children.**



SKU: RNX 02 T13000, 2017 R-1

Almost Out? Call **1-800-722-8008**

or visit drwhitaker.com

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