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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule daily, with or without food, or as recommended by a healthcare practitioner. May be taken during daytime for stress or before bed to help with sleep.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Sendara® is a registered trademark of NutraGenesis, LLC., and is protected under U.S. Patent No. 8,206,757.

 is used under license.

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.



Q01511E

LifeExtension®

Enhanced Sleep without Melatonin



Sleep Better, Look Better

Dietary
Supplement

30 Capsules

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value
Sendara® [proprietary blend of ashwagandha extract (root, leaf) std. to withanolide glycoside conjugates and amla extract (fruit) std. to low molecular weight hydrolysable tannins]	200 mg **
Casein decapeptide† (Bioactive Milk Peptides)	150 mg **

**Daily Value not established.

Other ingredients: vegetable cellulose (capsule), micro-crystalline cellulose, vegetable stearate, silica.

Contains milk (casein decapeptide).

Manufactured for: Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309 • LifeExtension.com
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Store tightly closed in a cool, dry place.

Non-GMO