

Adult Suggested Use:

1/4 tsp in water 1-3 times daily **or**
1/4 tsp. 1/2 hour before bedtime. **If you are
pregnant, nursing, have a medical condition,
or are taking a prescription, consult your
health care provider before using this
product.

SHAKE WELL

KEEP OUT OF REACH OF CHILDREN

STORE IN A COOL, DRY PLACE OUT OF SUNLIGHT.

These statements have not been evaluated
by the FDA. This product is not intended to
diagnose, treat, cure or prevent any disease.

Manufactured and Distributed by:

Mountain Meadow Herbs, Inc.

P.O. Box 9227 Kallispell, MT 59904

P. (888) 528-8615 F. (209) 671-1921

www.mountainmeadowherbs.com



Stress & Sleep

Relaxation Support



4 fluid oz.
Herbal Dietary Supplement

Supplement Facts

Serving Size: 1/4 tsp

Servings per Container: 96

Per Serving	%DV
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Proprietary Blend of Extracts	1.25 ml
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Passionflower leaf	†
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Eleuthero root	†
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Hops flower	†
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St. John's Wort herb	†
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Catnip leaf & flower	†
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Skullcap herb	†
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† Daily Value (DV) not
established

Other Ingredients: vegetable
glycerine, distilled water and
approx. 5% organic grain
alcohol.

