

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations: 1-3 capsules
15-30 minutes before bed, or as
directed by your healthcare
professional.

Warning: If pregnant, consult your
physician before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN
(WHEAT, RYE, BARLEY)[†], MILK/DAIRY (CASEIN,
WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†], SUGAR.
[†]VERIFIED BY INDEPENDENT TESTING

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net

[†]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.


VITAL
NUTRIENTS

Sleep Aide¹

(Relief of Occasional Sleeplessness)¹

DIETARY SUPPLEMENT
60 VEGETARIAN CAPSULES

Supplement Facts

serving size: 3 veg capsules • servings per container: 20

	amount per serving
Passionflower Herb Extract	450mg*
Lemon Balm Leaf Extract	300mg*
Hops Strobile Extract	300mg*
California Poppy Herb Extract	225mg*
Valeriana officinalis Root	225mg*
L-Theanine	150mg*
Lavender (Flowering Tops) Essential Oil	60mg*
Melatonin	0.75mg*

* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule, Silica,
and Calcium Carbonate.

manufactured by
VITAL NUTRIENTS
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MIDDLETOWN, CT 06457 USA