

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 2 capsules 30–60 minutes before bedtime.

Warning: see side panel

Keep out of the reach of children.

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Use only if safety
seal is intact.

Contents may not fill
package in order to
accommodate required
labeling. Please rely on
stated quantity.

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Best-Rest Formula

Promotes restful sleep†

Gluten-free, Non-GMO
& Hypoallergenic

Dietary Supplement

120 CAPSULES



Supplement Facts

Serving size 2 capsules
Servings per container 60

	Amount Per Serving	%DV
Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	3.3 mg	194%
Melatonin	1 mg	*
GABA (gamma-aminobutyric acid)	300 mg	*
L-Theanine	50 mg	*
Valerian (<i>Valeriana officinalis</i>) extract (root) (standardized to contain 0.8% valerenic acids)	400 mg	*
Lemon balm (<i>Melissa officinalis</i>) extract (leaf) (standardized to contain 5% rosmarinic acid)	150 mg	*
Hops (<i>Humulus lupulus</i>) extract (aerial parts)	150 mg	*
Passionflower (<i>Passiflora incarnata</i>) extract (aerial parts) (standardized to contain 3.5% vitexins)	100 mg	*
Chamomile (<i>Matricaria recutita</i>) extract (flower)	100 mg	*

* Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), gum arabic, maltodextrin, ascorbyl palmitate, silica

Natural color variations can occur. Product can range from grey to light brown.

Warning: Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

manufactured by: **Pure Encapsulations**

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code: **BRF1**