

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 fit package in order to accommodate required labeling. Please rely on stated quantity.  
Certified Gluten-Free by the Gluten-Free Certification Organization, [www.gluten.org](http://www.gluten.org)



# Best-Rest Formula

Promotes restful sleep<sup>‡</sup>

Gluten-free, Non-GMO & Hypoallergenic

Dietary Supplement

60 CAPSULES



## Supplement Facts

Serving size 2 capsules  
Servings per container 30

|                                                                                                              | Amount Per Serving | %DV   |
|--------------------------------------------------------------------------------------------------------------|--------------------|-------|
| Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )                               | 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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v6  
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