

Swanson ULTRA®

The Most Advanced Nutrition Technology

CAPSULES

Sleep Formula

Dietary Supplement

60 CAPSULES



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one capsule 30 minutes before bed. Two capsules may be taken if desired. For best results, avoid taking with foods or supplements containing calcium.

WARNING: As melatonin may produce drowsiness, do not drive an automobile or operate heavy equipment after taking. Do not take this product if you are pregnant or nursing, have an autoimmune condition or a depressive disorder, or are under 16 years of age. Consult your healthcare provider before use if you are experiencing long-term sleeping difficulties, have a medical condition or if you are taking any prescription medications.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin B-6 USP (as pyridoxine HCl) (from ZMA®) .2.10 mg	124%
Magnesium (covalently bound from zinc/magnesium aspartate) (from ZMA®)	23%
Zinc (as zinc L-monomethionine/aspartate)	61%
L-OptiZinc® and covalently bound zinc/magnesium aspartate (from ZMA®)	
ZMA®	
Suntheanine® L-Theanine	.538 mg
Relora® a proprietary blend of standardized extracts of Magnolia officinalis (bark) and Phellodendron amurense (bark)	100 mg
Melatonin	.50 mg
	3 mg

*Daily Value not established.

Other ingredients: Gelatin, microcrystalline cellulose (plant fiber), magnesium stearate.

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TO REORDER, CALL TOLL FREE 1-800-437-4148 • or visit our website at www.swansonvitamins.com

L-OptiZinc® is a registered trademark of InterHealth Nutraceuticals, Inc. patented under U.S. patents #4,764,633 and #5,278,329.

Relora® is a registered trademark of Next Pharmaceuticals. U.S. patent #6,582,735.

Suntheanine® is a registered trademark of Taiyo International, Inc.

ZMA® is a registered trademark of SNAC System, Inc., San Carlos, CA 94070. Patent pending.



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