

**STORE IN A COOL, DRY PLACE.  
SHAKE WELL BEFORE USE.**

**Recommendations:** As a dietary supplement, take 1 bottle 30–60 minutes before bedtime.

**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.

**Keep out of the reach of children.**



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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hypoallergenic supplements



# Sleep Solution

(single dose liquid)

Gluten-free, Non-GMO  
& Hypoallergenic

**Dietary Supplement**

**1 bottle (58 ml/1.96 fl oz)**

## Supplement Facts

Serving size 1 bottle (58 ml/1.96 fl oz)  
Servings per container 1

|                                     | Amount Per Serving | %DV |
|-------------------------------------|--------------------|-----|
| Magnesium<br>(as magnesium citrate) | 145 mg             | 35% |
| Glycine (free-form)                 | 3 g                | *   |
| Suntheanine® L-theanine             | 100 mg             | *   |
| Melatonin                           | 2 mg               | *   |

\*Daily value (DV) not established

Other ingredients: purified water, xylitol, citric acid, natural raspberry, lemonade and other natural flavors, potassium sorbate, purified stevia leaf extract

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

manufactured in Canada for: **Pure Encapsulations**  
490 Boston Post Road, Sudbury, MA  
1-800-753-2277 [www.PureEncapsulations.com](http://www.PureEncapsulations.com)

v3  
code: **SLB1**