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or call 1-800-437-4148

- Supports restful, restorative sleep
 - May help promote relaxation and ease nervous tension
 - Promotes a feeling of calmness
- Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one veggie capsule before bed with 8 ounces of water.

WARNING: For adults only. 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, taking medication, 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 sleep difficulties, have a medical condition or if you are taking any prescription medications. Keep out of the reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



Sleep Essentials

Sleep Support

INCLUDES GABA AND MELATONIN

DIETARY SUPPLEMENT | 60 VEGGIE CAPSULES

Supplement Facts

Serving Size 1 Veggie Capsule		
Amount Per Serving	% Daily Value	
Calcium (from calcium carbonate)	40 mg	3%
Magnesium (from magnesium oxide)	30 mg	7%
Valerian Root (Valeriana officinalis)	100 mg	*
Chamomile (Matricaria recutita) (flower tops)	75 mg	*
Hops Flower (Humulus lupulus) (strobiles)	75 mg	*
Skullcap Extract 4:1 (Scutellaria lateriflora) (aerial parts)	75 mg	*
L-Taurine	50 mg	*
Passionflower (Passiflora incarnata) (aerial parts)	50 mg	*
GABA (gamma-aminobutyric acid)	25 mg	*
Melatonin	3 mg	*

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), maltodextrin, rice flour, calcium laurate, silica.

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