

swanson.com

or call 1-800-437-4148

- Supports restful, restorative sleep
- Supports a positive mood and healthy sleep cycle regulation
- Promotes healthy and deeper sleep

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take two capsules before bedtime with water.

**WARNING:** For adults only. May cause drowsiness. Do not use while driving or operating heavy equipment. Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking prescription medications, especially sedatives or tranquilizers, or if you have a medical condition. 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.



SWANSON®

# Valerian Chamomile Hops

Sleep Support

HERBAL FORMULA

HERBAL SUPPLEMENT | 60 CAPSULES

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

### Amount Per Serving

Hops Flower Extract	660 mg*
(Humulus lupulus) (standardized to minimum 0.3% rutin)	
Chamomile Flower Extract	500 mg*
(Matricaria recutita) (standardized to minimum 1% apigenin)	
Valerian Root Extract	500 mg*
(Valeriana officinalis) (standardized to minimum 0.8% valerenic acid)	

\*Daily Value not established.

Other ingredients: Maltodextrin, gelatin, calcium palmitate, brown rice flour, silica.

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