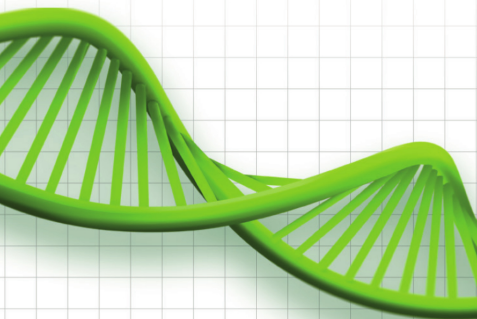


SLEEP

Encourages natural sleep

60 CAPSULES

HERBAL, VITAMIN, AND MINERAL FOOD SUPPLEMENT



DIRECTIONS

Take 2 (two) capsules 1 (one) hour before bedtime for maintenance, or as directed by your healthcare practitioner.

DESCRIPTION

Sleep is a food supplement for healthy people that contributes to normal psychological function and functioning of the nervous system. Sleep is not addictive or habit forming..

Vegetarian friendly. Gluten Free.

CAUTION

Should not be used as a substitute for a varied diet. Do not exceed the recommended dose. Keep out of reach of children. Do not take if you have high blood pressure or are prone to seizures, have a bleeding disorder or liver disease. Consult your medical practitioner before taking these capsules if you are on medication. It is not recommended that children or pregnant or nursing women take this supplement. Stop taking if any side-effects occur. For more information visit www.mydnahealth.co.uk/sleep/

Supplement Facts

Serving size: 2 capsules. Servings per container: 60

Ingredients		% RDA
5-HTP (Griffonia Simplicifolia extract)	100mg	
Niacin (Inositol Hexanicotinate)	150mg	250%
L-Theanine	150mg	
Magnesium glycinate	100mg	26.7%
Calcium lactate	100mg	12.5%
Hops	300mg	

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For more information visit www.mydnahealth.co.uk



Manufactured in the United Kingdom to GMP code of practice and BS:EN 9001:2000
Quality Assured Certification