

Julian Whitaker, MD's **Restful Night Extended Release™** is complementary to a high-quality multinutrient program such as **Forward Plus Daily Regimen®** and **Forward Gold Daily Regimen®**.¹

UNCONDITIONALLY GUARANTEED for purity and potency. Store bottle in a cool, dry place.

Precautions: Consult a health care practitioner before use if you are pregnant or nursing, have a serious medical condition, or use any medications. Do not drive or operate heavy machinery while taking this product.

Keep out of reach of children.

PharmaGABA™ is a registered trademark of Pharma Foods International Co., Ltd. (Japan)

Due to the nature of these ingredients, color variation may occur.

¹These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Lot No. / Exp. Date



WHITAKER NUTRITION

Restful Night Extended Release™

FOR HELP TO FALL ASLEEP
AND STAY ASLEEP¹

Includes L-Theanine,
Pharma GABA®, and 3 mg Melatonin

Dietary Supplement

30 DUAL LAYER TABLETS

Doctor's Suggested Use: Take 1 dual layer tablet 30 minutes before bed.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

Amount Per Serving		% DV
Extended Release Restful Sleep Blend		
L-Theanine	200 mg	*
Melatonin	1.5 mg	*
Instant Release Sleep Induction Blend		
Gamma Amino Butyric Acid (from fermentation)(Pharma GABA®)	100 mg	*
Melatonin	1.5 mg	*

*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hypromellose, dicalcium phosphate, stearic acid, croscarmellose sodium, silica, magnesium stearate, vegetable juice color, glycerin

Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com



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or visit drwhitaker.com

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