RECOMMENDATION:

Dosage cup included

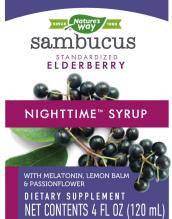
Adults: Take 2 teaspoons (tsp) (10 mL), 30 minutes prior to desired sleep time. This product is not formulated for children.

Warning: Do not use this product unless advised by a healthcare professional if you are pregnant, attempting to become pregnant, or nursing; if you are taking any medications; or are being treated for depression, autoimmune, endocrine, diabetes, blood clotting, or seizure disorders. Do not take melatonin while operating a motor vehicle or mechinery, and do not exceed suggested dose without the advice of a healthcare professional.

♦ LG10532.01 BLQ8862

Gluten Free • Vegan Contains no Gluten, Dairy, Soy, Nuts, or Artificial Colors

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Supplement Facts Serving Size 2 teaspoons (tsp) (10 mL)

Amount per Serving		% D
Calories	25	
Total Carbohydrate	8 g	3%
Black Elder (Sambucus nigra L.) Extract (berry) standardized to BioActives® from 6.4 g of premium cultivar elderberries	100 mg	
Herbal Extract Blend Lemon balm (leaf) extract, Passionflower (leaf, flower) extract	75 mg	

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: sorbitol, purified water, glycerin, malic acid, natural flavors

1.5 mg

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing. To preserve quality and freshness, keep tightly sealed in a cool, dy place.

sambucus

OUR STANDARDIZED ELDERBERRY EXTRACT IS:

- Gluten Free
- Vegan



CONTAINS NO:

Gluten, Dairy, Soy, Nuts, or Artificial Colors



ABOUT BLACK ELDERBERRY

For centuries the dark berries of European black elder (Sambucus nigra L.) have been traditionally used as a winter remedy for immune support*

SUPPORTS SLEEP & RELAXATION*

Melatonin is a common solution to help you fall and stay asleep, as it promotes a quality, restful night*

Our herbal extract blend of lemon balm and passionflower, has been traditionally used to promote relaxation*

PREMIUM ELDERBERRIES

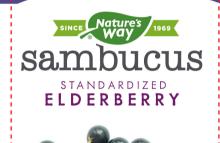
Made with our unique, full spectrum black elderberry extract, ensuring Flavonoid BioActives® content, which has been tested for activity within the body

Elderberry extract is made with a gentle, solvent-free extraction method that ensures maximum flavonoid potency

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

LGBN10532.01

BLQ8862





WITH MELATONIN, LEMON BALM & PASSIONFLOWER
GLUTEN FREE

DIETARY SUPPLEMENT NET CONTENTS 4 FL OZ (120 mL)

RECOMMENDATION:

Dosage cup included

Adults: Take 2 teaspoons (tsp) (10 mL), 30 minutes prior to desired sleep time. This product is not formulated for children.

Warning: Do not use this product unless advised by a healthcare professional if you are pregnant, attempting to become pregnant, or nursing; if you are taking any medications; or are being treated for depression, autoimmune, endocrine, diabetes, blood clotting, or seizure disorders. Do not take melatonin while operating a motor vehicle or machinery, and do not exceed suggested dose without the advice of a healthcare professional.

Supplement Facts

Serving Size 2 teaspoons (tsp) (10 mL)

	Servings per Container 12				
	Amount per Serving		% DV		
	Calories	25			
	Total Carbohydrate	8 g	3%†		
)	Black Elder (Sambucus nigra L.) Extract (berry) standardized to BioActives® from 6.4 g of premium cultivar elderberries	100 mg	**		
	Herbal Extract Blend Lemon balm (leaf) extract, Passionflower (leaf, flower) extra	75 mg	**		
	Melatonin	1.5 mg	**		

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: sorbitol, purified water, glycerin, malic acid, natural flavors

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing. To preserve quality and freshness, keep tightly sealed in a cool, dry place.

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