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SUGGESTED USE: 1 capsule taken at bedtime or as directed by a healthcare professional.

For relief of occasional sleeplessness only. Do not exceed the recommended dose. This product is not intended for pregnant or nursing mothers, children under the age of 18, or individuals taking any prescription medication including anti-depressants. Avoid driving or performing other potentially dangerous tasks while taking this formula. If you have questions about the advisability of taking this product, consult a physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

 **DrFormulas™**

Natural Sleep Aid



Optimal 1mg Melatonin Dose

- +Vegetarian, Non-GMO Formula
- +Easy to Swallow Capsules
- +Circadian Rhythm Support

Calming Herbs and Minerals

Dietary Supplement - 60 Vegetarian Capsules

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

Amount Per Capsule	Amount	%DV
Magnesium (oxide/citrate)	100 mg	25%
L-Theanine	200 mg	*
GABA (gamma-Aminobutyric Acid)	50 mg	*
Phellodendron Root (powder)	50 mg	*
<i>Mucuna pruriens</i> (15% extract) (seed)	50 mg	*
5-HTP (5-Hydroxytryptophan)	25 mg	*
Melatonin	1 mg	*

*Daily value not established

Other ingredients: Rice powder, vegetable cellulose, vegetable magnesium stearate, silicon dioxide, and titanium dioxide.



Distributed By:

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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.