



sleep support

specialty
60 capsules
dietary supplement

for the relief
of occasional
sleeplessness^v

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 2 Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Valerian root powder (<i>Valeriana officinalis</i>)	300 mg	*
L-Theanine	200 mg	*
GABA (gamma aminobutyric acid)	250 mg	*
5-Hydroxytryptophan (5-HTP) (from Griffonia seed extract)	250 mg	*
Melatonin	2 mg	*

* Daily Value not established.

Other ingredients: Gelatin, carnauba wax, rice flour, silicon dioxide.

Does not contain: Gluten, Sugar, Salt, Artificial Colors or Flavors.

V This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

DIRECTIONS: Take two (2) capsules daily prior to bedtime.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions. Not for use with alcohol or when operating a vehicle or heavy machinery.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

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Secaucus, NJ 07094.

Visit www.vitaminshoppe.com
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