

Traceable Purity

"Our herbals are special because we source ingredients from sustainable organic farms and use an Organic, Non-GMO extraction method without the use of conventional corn alcohol or other harsh chemicals. I'm really proud to share these with you!"

Enjoy! Love, Alicia

Alicia Silverstone



Gluten Free
& Vegan

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.

Distributed by Garden of Life LLC
4200 Northcorp Parkway
Palm Beach Gardens, FL 33410 USA
Certified Organic by QCS
Made in the U.S.A. from foods
grown in the U.S.A. and other countries.
www.gardenoflife.com
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MKOH530B-052518



SLEEP WELL REST & REFRESH



Helps You Relax to Fall
Asleep Quickly!

Promotes Rest
Throughout Sleep Cycle!

30 Vegan Tablets

Herbal Supplement

Suggested Use: Take 1 tablet before bedtime.

Supplement Facts

Serving Size 1 Tablet	
Servings Per Container 30	
Amount Per Serving	
Organic Lemon Balm Leaf Extract	300 mg +
L-Theanine (from Organic Green Tea Extract)	100 mg +
Organic Valerian Root Extract	50 mg +
Organic Passionflower Extract	50 mg +
Organic Chamomile Flower Extract	50 mg +
Probiotic Blend	4 mg +
<i>Bifidobacterium lactis</i> Bl-04, <i>Lactobacillus acidophilus</i> La-14	
*Daily Value not established.	

Other Ingredients: Clean Tablet Technology™ Blend (patent pending): Organic Gum Arabic, Organic Dextrose, Organic Coating (Organic Sunflower Lecithin, Organic Tapioca Maltodextrin, Organic Palm Oil, Organic Guar Gum).

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Not intended for children. Children may take our Sleep Well spray. Tablets may be a choking hazard.

Keep out of reach of children. Store in a cool, dry place.

Do not use if safety seal is broken or missing.

Made without dairy or soy ingredients, peanut, tree nuts or shellfish. Manufactured in a facility that also processes soy, dairy, peanut, tree nuts and shellfish. No artificial colors or preservatives.

Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked.

Certified



Certified by the nonprofit B Lab to meet rigorous standards of social and environmental performance, accountability and transparency.

"Let food be thy medicine
and medicine be thy food"

—Hippocrates



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CERTIFIED ORGANIC

NON-GMO VERIFIED

VEGAN CERTIFIED

CERTIFIED GLUTEN-FREE
BY NSF

WWW.GARDENOFLIFE.COM

L-Theanine is a powerful amino acid clinically researched to promote deep relaxation by increasing the levels of serotonin and dopamine in the brain. For our Sleep Well formula, we combine L-Theanine from Organic Green Tea Extract with relaxing herbs like Organic Lemon Balm, Valerian, Passionflower and Chamomile, to help you fall asleep and awake truly refreshed.

- Helps you relax to fall asleep quickly!
- Promotes rest throughout sleep cycle!
- With probiotics added to enhance digestion!

- ✓ Traceable, Tested & True
- ✓ 3rd Party Audited, Certified Organic & Non-GMO Verified
- ✓ Expertly Formulated

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