

Suggested Usage: Take 1-2 capsules one hour before bedtime as needed.

NOW® Sleep is a combination of ingredients formulated to help you ease your mind and relax your body so you can drift naturally off into a restful sleep.* NOW® Sleep uses Valerian and Hops, two herbs that have been traditionally used to promote a calm relaxed state and support rejuvenating sleep.* GABA is a neurotransmitter normally produced in the brain, where its function is to ease nervous tension.* NOW® Sleep thus relaxes the nervous system to help you enjoy a tranquil night and wake up refreshed and energized in the morning.*

*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.

Caution: Do not drive or operate machinery after taking this product. The ingredients in this product may interact with alcohol, sedatives, and tranquilizers. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

CODE 4768 V6



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CAPSULE SIZE



Sleep

Botanical Sleep Blend*

- Valerian Root Extract
- Plus Hops, Passionflower and GABA
- Supports Restful, Rejuvenating Sleep*

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 2 Veg Capsules

Servings Per Container 45

Amount Per Serving

Valerian Root Extract (min. 0.8% Valerenic Acids)	600 mg*
Hops (4:1 Extract) (Strobiles)	300 mg*
Passionflower Extract (Aerial Parts) (Standardized for flavonoids Vitexin and Isovitexin)	200 mg*
GABA (Gamma-Aminobutyric Acid)	200 mg*

* Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Ascorbyl Palmitate and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.

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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

