

Get the tranquil rest you deserve with Solgar® Sweetest Dreams™. This is a terrific choice for those experiencing occasional sleeplessness, those with jet lag or anyone wanting to promote sound, quality sleep.*

Solgar's KOF-K certification #K-1250

Suntheanine® is a registered trademark of Taiyo International, Inc.

Carefully Manufactured by:
Solgar, Inc.

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SWEETEST DREAMS™

PROMOTES SOUND SLEEP

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS

30 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving

L-Theanine 100 mg**
(Suntheanine®)

Melatonin 3 mg**
(as N-Acetyl-5-Methoxytryptamine)

**Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

*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.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule at bedtime as Melatonin may produce drowsiness, or as directed by a healthcare practitioner.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have a medical condition, consult your healthcare practitioner before use. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

