

LITE
(4/5 HOURS)

10 capsules

U~DREAM®

LITE 4/5 HOURS

HERBAL SUPPLEMENT • ALL NATURAL

SLEEP
NATURALLY*



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HERBAL SUPPLEMENT

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Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% DV
Proprietary Blend	Source Material	450 mg
Passionflower (<i>Passiflora incarnata</i>)	Herb Top Extract	*
Hesperidin (<i>Citrus sinensis</i>)	Fruit Extract	*
Loquat (<i>Eriobotrya japonica</i>)	Fruit Extract	*
Jujube (<i>Ziziphus jujuba</i>)	Seed Extract	*
L-Tryptophan	n/a	*
Lion's Mane (<i>Hericium erinaceus</i>)	Mycelium Extract	*
Fo-ti (<i>Reynoutria multiflora</i>)	Root Extract	*
Schisandra (<i>Schisandra chinensis</i>)	Fruit Extract	*
Curcumin (<i>Curcuma longa</i>)	Root Extract	*
Rehmannia (<i>Rehmannia glutinosa</i>)	Root Extract	*

* Daily Value (DV) not established

OTHER INGREDIENTS: WHITE RICE FLOUR, STEARIC ACID, SILICON DIOXIDE, MAGNESIUM STEARATE.
EXCLUSIVE EXTRACTION METHOD PATENT PENDING.

Manufactured for: Biotrade Canada Ltd. 2733 Countryside Place, Shawnigan Lake, BC, V0R 2W2, Canada. Made in Canada.

A herbal blend used for occasional sleeplessness to help improve the duration and quality of sleep*. The Lite formula helps you get back to sleep and wake up refreshed in the morning*. Take it only when you need. **DOSAGE RECOMMENDATION:** Adults: Take a single dose orally (1 capsule) upon waking in the middle of the night, when needed. Do not use for more than 3 weeks.

WARNINGS: For adults only. Do not exceed recommended dosage. Do not use if you are pregnant or breastfeeding. If you are taking any medications or have a medical condition, consult your health care practitioner prior to use. Discontinue use and consult a health care practitioner if allergic reactions or side effects occur.

Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. Avoid operating heavy machinery or driving a motor vehicle within 3 hours of consumption. Store under normal conditions and away from children. Do not use if seal is broken.

* 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.

Report adverse events:

 USA 1-800-665-3908

 Canada 1-250-733-2028