

SUGGESTED USE: Take 3 capsules away from food 30 minutes prior to bedtime or as directed by your healthcare professional. California residents should not exceed 1 capsule daily.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach by children.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, artificial colors, or artificial flavors.

Optimal Sleep Meets or Exceeds cGMP Quality Standards.



§ Albion®, TRAACS®, and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc. Malate covered by U.S. Patent 6,706,904.

Sharp•PS® GREEN is a registered trademark of Enzymotec Ltd.



P H Y S I C I A N F O R M U L A T E D



Seeking Health®

Optimal Sleep

Dietary Supplement

90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 3 Capsules (California Residents should not exceed 1 Capsule daily)
Servings Per Container: 30 (California Residents: 90)

	Amount Per Serving	%DV	Amount Per CA ^Δ Serving	%DV CA ^Δ
Niacin	50 mg	313%	16.66 mg	104%
Vitamin B6 (as pyridoxal 5'-phosphate)	25 mg	1,471%	8.33 mg	490%
Magnesium (as DiMagnesium Malate [§])	200 mg	48%	66.66 mg	16%
Zinc (as Zinc Bisglycinate Chelate [§])	15 mg	136%	5 mg	45%
Ashwagandha Extract (<i>Withania somnifera</i>)(root)(5% withanolides)	250 mg	*	83.33 mg	*
Phosphatidylserine (Sharp•PS® GREEN)	50 mg	*	16.66 mg	*
5-HTP (5-hydroxytryptophan) (from <i>Griffonia simplicifolia</i>)(seed)	50 mg	*	16.66 mg	*

* Daily Value (DV) not established.
Δ CA (State of California Residents)

Other Ingredients: HPMC (capsule), microcrystalline cellulose, ascorbyl palmitate, silica, and medium-chain triglyceride oil.

Manufactured for and Distributed by:
Seeking Health, LLC
3140 Mercer Ave
Bellingham, WA 98225
(800) 547-9812

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