

SUGGESTED USE

Adults take 2-3 capsules 1 hour before bed. Maximum time of use 1 month.

Caution: US FDA advises that a potential risk of rare but severe liver injury may be associated with kava-containing dietary supplements. Do not take if you have or have had liver problems, drink alcohol or take any medications. If you have a medical condition, use under the advice of a health practitioner. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age or by pregnant or breastfeeding women. **Store away from children.** Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair ability to operate a vehicle or heavy equipment. Use only as directed on label. Safety-sealed for your protection. Keep bottle capped at all times and store in a cool, dry place. Natural separation may occur. This does not affect product quality.

gaia
HERBS

Sound Sleep®

With Gaia-grown™ California Poppy & Skullcap

60 VEGAN LIQUID PHYTO-CAPS®
HERBAL SUPPLEMENT

Connecting
Plants & People™
SINCE 1987

PURITY - Keep it Clean

All products are screened for pesticides, microbes & heavy metals.

INTEGRITY - Keep it Real

See the proof at meetyourherbs.com, the world's first herb traceability platform.

POTENCY - Keep it Strong

Concentrated plant extracts are delivered in our patented Phyto-Caps® technology.

Discover our Guiding Truths at:



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* 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.

SLEEP SUPPORT*

Sound Sleep®

Supports natural transition to sleep for occasional sleepless nights*

With Kava root, Passionflower & Gaia-grown™ California Poppy & Skullcap

60 VEGAN LIQUID PHYTO-CAPS®
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2g	<1%*
Proprietary Extract Blend	1,296 mg	†
Organic Passionflower flowering vine, Organic Skullcap aerial parts extract, Kava root, Organic Valerian root, Organic California Poppy whole plant, Organic Vervain aerial parts, Organic Gotu Kola leaf		

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).
Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712
Each 3 capsules contain 2,900 mg dry herb equivalent.

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Organic Passionflower (<i>Passiflora incarnata</i>) flowering vine, Organic Skullcap (<i>Scutellaria lateriflora</i>) aerial parts extract, Kava (<i>Piper methysticum</i>) root, Organic Valerian (<i>Valeriana officinalis</i>) root, Organic California Poppy (<i>Eschscholzia californica</i>) whole plant, Organic Vervain aerial parts, Organic Gotu (<i>Humulus lupulus</i>) strable, Organic Gotu Kola (<i>Centella asiatica</i>) leaf		

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VEGAN
GLUTEN-FREE
SOY-FREE

Certified



BEST BY: