

DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLET AT BEDTIME. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Organic Valerian (<i>Valeriana officinalis</i>) (root)	300 mg **
Organic Chamomile (<i>Matricaria recutita</i>) (flower)	100 mg **
Organic Passion Flower Extract (<i>Passiflora incarnata</i>) (aerial)	70 mg **
Organic Lemon Balm (<i>Melissa officinalis</i>) (aerial)	30 mg **

**Daily Value not established.

Other Ingredients: Organic Tapioca Dextrose, Organic Bamboo Extract, Organic Rice Extract Blend, Organic Maltodextrin, Organic Sunflower Lecithin, Organic Palm Oil, Organic Guar Gum.

†Traditional use claims are based on historical or traditional practices. Valerian has a long history of use for relaxation and occasional sleeplessness dating back to traditional Greek medicine.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Excessive consumption may impair ability to drive a motor vehicle or operate heavy equipment. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

- Non-GMO • No Gluten • No Wheat
- No Milk • No Lactose • No Artificial Color
- No Artificial Flavor • No Artificial Sweetener
- No Preservatives • No Soy
- No Yeast • No Peanuts • No Tree Nuts
- No Fish • Sodium Free



MADE FROM
100% SUGAR
CANE FIBER

- Eliminates Wood-based Processes
- Renewable Resource
- Removes Carbon Dioxide from the Atmosphere

Manufactured for REXALL SUNDOWN, INC.
Boca Raton, FL 33487 USA



Certified
Organic
by Quality Assurance
International

★ Made in
the USA
with select ingredients
from around the world

*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.

Questions?
Call toll free 1-888-VITAHELP (848-2435)
or visit us at www.sundownorganics.com



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GOOD NIGHT
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Sleep Easy for a
Tranquil Night's Rest*

USDA
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ONCE DAILY

30 Tablets | Dietary Supplement

— Organic, Clean Nutrition —

In a world of choice, living your best becomes a collaboration between you...and you. When your well-being is important, living clean is a conscious choice you make. Sundown® believes in living clean...and being transparent. That's why you won't find genetically modified ingredients, gluten, wheat, dairy, lactose or artificial flavors in ANY of our products. Now, we're going one step further with our USDA Certified Organic Supplements that are 100% free of synthetic dyes. Now there's a clean, organic choice you can feel good about.

Our Good Night Herbal Complex helps you get a tranquil night's rest with 300mg of Valerian Root, plus Chamomile, Lemon Balm and Passion Flower.* Valerian is traditionally used for occasional sleeplessness.*†

— Ingredient Facts —

Valerian has a long history of use for relaxation and occasional sleeplessness dating back over 2,000 years to traditional Greek medicine.*

Chamomile has been used as a traditional herb for thousands of years.

Lemon Balm is native to the Mediterranean and it's leaves have a lemony scent and flavor.