



BERRY BEDTIME



Sleep Support
with 3 mg Melatonin

CHILDREN'S HEALTH

2 fl. oz.
(60 mL)

HERBAL DIETARY
SUPPLEMENT

48
SERVINGS



SUGGESTED USE: 2-4 yrs: 1/16 tsp.
5-11 yrs: 1/8 tsp. 12 yrs+: 1/4 tsp. Take
1/2 hour before bedtime. **Caution:** If you
are pregnant, nursing, have a medical
condition, or are taking a prescription,
consult your health care provider before
using this product. Shake well. Keep out of
reach of children. Store in a cool, dry place
out of sunlight.

Manufactured and Distributed by:
Mountain Meadow Herbs, Inc.
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888.528.8615 | www.mmherbs.com



Help your little ones drift off to
sleep*

- Promote calmness and sleep*
- Stress-free bedtime*
- Melatonin helps to regulate
night and day cycles*



1 dropperful = approx. 1/8 tsp.

Supplement Facts

Serving Size: 1/4 tsp

Servings Per Container: 48

Per Serving	%DV
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Melatonin	3 mg
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Proprietary Blend	1.25 mL †
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Chamomile flower, Passionflower
leaf, Skullcap herb Spearmint leaf,
Catnip leaf and flower, Oatstraw herb,
Peppermint leaf, Lemon Balm leaf

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin,
distilled water, organic berry flavoring, and
approx 5% - 10% organic grain alcohol.



*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.