



# STRESS & SLEEP

Relaxation Support

EVERYDAY HEALTH

4 fl. oz.  
(120 mL)

HERBAL DIETARY SUPPLEMENT

96 SERVINGS



\* 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.

**SUGGESTED USE:** 6-11 years: 1/8 tsp.  
12 years & older: 1/4 tsp. Take in water 1-3 times daily or one half 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.  
1019 Hard Rock Rd, Somers, MT 59932  
888.528.8615 | www.mmherbs.com



## Natural support for coping with daily stress\*

- Avoid daytime stress buildup\*
- Fall asleep faster\*
- Calming herbs help you to stay relaxed\*



1 dropperful = approx. 1/8 tsp.

## Supplement Facts

**Serving Size:** 1/4 tsp  
**Servings Per Container:** 96

Per Serving	%DV
Proprietary Blend	1.25 mL
Passionflower leaf	†
Eleuthero root	†
Hops flower	†
St. John's Wort herb	†
Catnip leaf & flower	†
Skullcap herb	†

† Daily Value (DV) not established

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