



Sleep•Essence is a delicious, synergistic blend of Chamomile, Linden, Passionflower, Skullcap, Lemon Balm, and Lavender, designed to promote the relaxation and restful sleep your body needs.* Its gentle, calming action helps to relieve nervous tension and occasional restlessness, allowing for normal and healthy sleep patterns.* This traditional blend:

- Supports relaxation*
- Works to relieve nervous tension*
- Supports normal sleep patterns*

Restorative sleep is essential for optimum health.

Sleep•Essence is:

- Easy-to-digest
- Non-habit forming
- Alcohol-free
- Certified organic
- Vegetarian
- Non-GMO
- Great tasting

SUGGESTED USE: Take 4 tablespoons (60 mL) daily, 15-30 minutes before bedtime or as directed by a health care practitioner. Keep out of reach of children. Refrigerate after opening and consume within 4 weeks.

*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.



Premium Herbal Formulas

Sleep•Essence

**SYNERGISTIC BLEND OF CHAMOMILE,
LEMON BALM, AND LAVENDER**

Supports Healthy Sleep Patterns*

alcohol-free • vegetarian • gluten-free



DIETARY SUPPLEMENT
17 FL. OZ. (500 mL)



Supplement Facts

Serving Size 4 Tbsp. (60 mL)
Servings Per Container about 8

Amount Per Serving	% Daily Value
Calories 20	
Total Carbohydrate 6 g	2%*
Total Sugars 4 g	†
Includes 4 g added sugars	8%

A Proprietary Blend from aqueous extracts of 2 g †
chamomile flower*, lemon balm aerial parts*, linden flower*, passionflower aerial parts*, skullcap aerial parts*, and lavender flower*.

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

OTHER INGREDIENTS: Filtered water, apple juice concentrate*, hibiscus extract*, and passion fruit flavor. *Certified organic

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CAUTIONS: Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia). Consult a health care practitioner if symptoms persist or worsen. Consumption with alcohol, other medications or health products with sedative properties is not recommended. Do not use if you are pregnant or breastfeeding. Do not use if you are allergic to lavender or plants of the Asteraceae/Compositae/Daisy family. Hypersensitivity/allergy is known to occur, in which case discontinue use. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness.