

SUGGESTED USE:
Take 1-2 caps 30 minutes
before bedtime and repeat
if wake up.

7
86332 17440
7

WARNING:
Keep out of the
reach of children.
Do not take during
pregnancy.

Rev. 02/1/00

100% Gluten Free

Manufactured for:
Woodstock Apothecary
79 Tinker Street
Woodstock, NY 12498



100% Vegetarian

SLEEP

*with Valerian &
Melatonin*

HERBAL SUPPLEMENT
90 Veggie Caps

Supplement Facts
Serving Size 1 Veggie Cap
Servings Per Container 90

Amount Per Serving

Valerian Root *	250 mg *
Hops Strobiles *	75 mg *
Skullcap Herb *	50 mg *
Passion Flower Herb *	50 mg *
California Poppy Herb	25 mg *

Melatonin	3 mg *
-----------	--------

* Daily Value Not Established

OTHER INGREDIENTS:
Modified Vegetable Cellulose
* Certified Organic
* Ethically Wild Harvested