

Suggested Dosage

1-3 capsules 30 minutes before bed. If you wake up during the night, take 1-2 more capsules. If you feel sluggish upon waking, adjust the dosage until those symptoms leave.

Caution

Use cautiously when using pharmaceutical sedative type drugs. For maximum effect, it is recommended to avoid alcohol and caffeine products. If pregnant or nursing, consult your healthcare provider before using this, or any other product.

Store in a cool, dry place.
Do not refrigerate.

Soothing Sleep is a proprietary formula of Pacific BioLogic Co. manufactured in an FDA compliant facility in the United States of America from imported and domestic ingredients.

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.



Pacific BioLogic

POWERFUL TOOLS FOR GENTLE HEALING

Soothing Sleep

HERBAL SUPPLEMENT



500 mg / 60 Vegetarian Capsules

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 20

Amount Per Tablet: 500 mg	%DV
Proprietary Blend	
Jujube seed (Suan Zao Ren)	+
Valerian root	+
Fossilized bone (Long Gu)	+
L-Theanine	+
Passion flower	+
Chamomile flower	+
Velvet bean	+
Skullcap plant (Ban Zhi Lian)	+
Wood betony plant	+
Melatonin (.2 mg/capsule)	+

+ Daily Value not established.

Other Ingredients: Capsules of plant origin. Cellulose



Manufactured for: Pacific BioLogic Co.
Concord, CA. 94521 www.PacificBioLogic.com
To report a serious adverse event or obtain product information, contact (800) 869-8783