

SUGGESTED USE: Take 2 capsules with water 30 minutes before bedtime, or as directed by a healthcare practitioner.

CAUTION: Do not exceed recommended dose. Pregnant and nursing mothers, children under the age of 18, and individuals with a known medical condition or who are taking prescription medication should consult a physician before taking this or any dietary supplement.

*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.

HMSNUTRITION.COM



Manufactured For:
HMS Nutrition LLC
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SLEEP SUPPORT

- Comprehensive Formula for Optimum Support*
- Natural Valerian, Chamomile & Other Premium Herbs
- Soothing Magnesium, GABA & More*

120
Capsules

Dietary Supplement

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving	
Vitamin B6	10 mg 50%
Magnesium (as Oxide)	81 mg 100%
Valerian Root (Std. to 0.8% Valerenic Acid)	125 mg
Gamma-Aminobutyric Acid (GABA)	100 mg
Chamomile (Flower)	100 mg
Threonic Acid	66 mg
Passion Flower (<i>Passiflora incarnata</i> , Flower & Aerial Parts)	50 mg
Lemon Balm (Leaf)	50 mg
Hops (Flower)	40 mg
5-Hydroxytryptophan (5-HTP)	15 mg
Melatonin	4 mg

*Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Capsule Flour.