

SUGGESTED USE

As a dietary supplement take two (2) veggies capsules once daily before bedtime, or as directed by your healthcare professional.

WARNING: Do not exceed recommended dose. Pregnant or nursing women, children under 18 and individuals with known medical conditions should consult their physician prior to taking.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*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.

Natures 8 Hour Sleep Formula[®]
DIETARY SUPPLEMENT • 60 CAPSULES

SIMPLY SLEEP[®]

• Safe natural sleep aid*

• Ingredients may help
improve sleep*

• Fall asleep fast and
stay asleep*

• Wake up feeling fresh and
not groggy*



SUPPLEMENT FACTS

Serving Size: 2 Veggie Capsules Serving Per Container: 30

Amount Per Serving		% DV
Calcium (Citrate)	45 mg	5%
Vitamin B6 (Pyridoxine HCL)	1.5 mg	90%
Magnesium (Citrate)	90 mg	23%
Proprietary Sleep Blend:	1071 mg	**
L-Tryptophan, Valerian, Goji (Wolfberry), Chamomile, Lemon Balm, Passion Fruit, L-Taurine, Hops, St. John's Wort, Gaba, Skullcap, L-Theanine, Ashwagandha, Inositol, 5-HTP, Melatonin		

† %Daily Value Not Established.

Other Ingredients: Cellulose, (Vegetable Capsule), Rice Flour, Magnesium Stearate (Vegetable), Silicon Dioxide.

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