

**SUGGESTED USE:** Take one capsule with water 30 minutes prior to bedtime.

**CONTAINS NO** artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Melatonin exists naturally in the human body and is involved in setting mammalian circadian rhythms. Our **Sleep Support with Melatonin** contains two B vitamins which play roles in the production of adrenal hormones and essential neurotransmitters that regulate sleep patterns.<sup>†</sup> Magnesium aids in calming nerves and relaxing the muscles, GABA is an amino acid that calms an over-excited brain, and L-Theanine stimulates the brain's production of relaxing alpha waves, supported by calming chamomile flowers.<sup>†</sup>

**Caution:** Do not exceed recommended dosage. Use only at bedtime. Do not use if pregnant or nursing. Regular dosage for individuals of any age should be limited to two weeks. If less than 40 years old, do not use regularly for any purpose except on advice of a health care practitioner. If you have diabetes, an autoimmune, endocrine, depressive, or seizure disorder, consult your health care practitioner before use. Do not drive or operate machinery while taking this product. Not intended for use by children under age 18.

**We Guarantee Our Supplements for Potency and Purity**  
To report a serious adverse event, call 1-888-710-0006

**† 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.**



# Sleep Support with Melatonin

**DIETARY SUPPLEMENT**

*Promotes Restful Sleep<sup>†</sup>*

50 Capsules



## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 50

Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxine hydrochloride).....	1 mg 50%
Pantothenic Acid (as calcium pantothenate) ..	20 mg 400%
Calcium (as calcium phosphate) .....	25 mg 2%
Magnesium (from magnesium citrate) .....	50 mg 12%
GABA (gamma amino butyric acid) .....	100 mg *
Calming Sleep Support Blend.....	100 mg *
(Chamomile ( <i>Matricaria</i> ) flowers 75%, L-Theanine 25%)	
Melatonin .....	3 mg *

\* Daily value not established

**OTHER INGREDIENTS:** VEGETARIAN CAPSULE, CELLULOSE, SILICA, MAGNESIUM STEARATE (VEGETABLE SOURCE).

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**KEEP OUT OF REACH OF CHILDREN. VVL 469-508**