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product info

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Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule daily 30 to 60 minutes before bedtime, with or without food, or as recommended by a healthcare practitioner.

CAUTION: Do not consume alcohol, drive or operate machinery after taking this product.

Store tightly closed in a cool, dry place.

WARNINGS:

- **KEEP OUT OF REACH OF CHILDREN.**
- **DO NOT EXCEED RECOMMENDED DOSE.**
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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**LIFE
EXTENSION®**

Enhanced Sleep* with Melatonin



Sleep Better, Look Better

30 CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value
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Proprietary blend of Sensoril® ashwagandha extract (root, leaf) std. to withanolide glycoside conjugates and Capros® amla extract (fruit) std. to low molecular weight hydrolysable tannins]	200 mg **
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Casein decapeptide† (Bioactive Milk Peptides)	150 mg **
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Melatonin (immediate release)	1.5 mg **
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**Daily Value not established.

Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), vegetable stearate, silica.

Contains milk (casein decapeptide).

Manufactured for: Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309 • LifeExtension.com
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

*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.