

Suggested Use:

Take one to two servings 30 minutes prior to bedtime, or as directed by your physician. Start with 3 capsules to evaluate tolerance. New users and females may want to start with 1 or 2 capsules. Do not exceed 6 capsules in any 24-hour period.

Warning:

KEEP OUT OF REACH OF CHILDREN.

This product may cause drowsiness. Do not drive a motor vehicle or operate machinery after taking this product. Consult a physician before taking this or any other dietary supplement if you are pregnant, nursing, have or suspect a medical condition or are taking any medications. This product should not be taken by individuals under 18 years of age. Do not take this product or any sleep aid without consulting a physician. You should not use this product with other sleep aids, alcohol or other medications. 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.



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REST* • RELAX* • DREAM*



GORILLA
DREAM

SLEEP & RECOVERY FORMULA*

VIVID DREAMS* • DEEP SLEEP* • WAKE UP REFRESHED*

90 CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin B6 (as Pyridoxine HCl)	39 mg	2294%
Magnesium (as Aspartate)	225 mg	54%
Zinc (as Aspartate and Monomethionine)	15 mg	136%
GABA (Gamma-Aminobutyric Acid)	500 mg	†
Phenylalanine	375 mg	†
Valerian Root Extract	300 mg	†
L-Ornithine HCl	250 mg	†
L-Theanine	250 mg	†
Chamomile Root Extract	175 mg	†
Mucuna Pruriens Extract	105 mg	†
(Standardized to 98% L-Dopa)		
Melatonin	3 mg	†

† Daily Value (DV) not established.

Other Ingredients: Gelatin (Capsule), Magnesium Stearate, Silicon Dioxide, Titanium Dioxide, FD&C Red #40, FD&C Blue #1
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