

SUGGESTED USE:

As a dietary supplement, take one (1) capsule before bed.

CAUTION:

Do not exceed three (3) capsules before bed. Pregnant or nursing mothers, children under 18 and individuals with a known medical condition should consult a physician before using 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.

Developed and distributed by **Dr. Eric Berg DC**

*To order: www.DrBerg.com (800-816-8184)

Dr. Berg Nutritionals

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DrBerg Nutritionals®

Dr. Berg's Sleep Aid*

100% Vegan Formula

***Supports Healthy Sleep Cycles**
Formerly Adrenal Night Formula (Vegan)

30 Vegetarian Capsules



Supplement Facts

Serving Size: 1 Capsule || Serving Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin C (from Acerola Cherry)	3mg	4%
Niacin (from Niacinamide)	18mg	90%
Calcium (from Calcium Lactate)	7mg	0%
Magnesium (from Magnesium Citrate)	8mg	2%
Foti Root Ext	238mg	**
L-Theanine	100mg	**
Tryptophan	100mg	**
N-Acetyl L-Carnitine	25mg	**
DMAE (Dimethylaminoethanol) (from DMAE Bitartrate)	25mg	**
GABA (gamma-aminobutyric acid)	25mg	**
Rehmania Root Pwd (Rehmannia glutinara)	25mg	**
L-Glutamine	25mg	**
Choline (from Choline Bitartrate)	4mg	**

*Daily Value not established.

Other Ingredients: Hydroxypropyl Methylcellulose (vegetable capsule), Rice Powder, Magnesium Stearate (vegetable source), Silicon Dioxide

WARNING: KEEP OUT OF REACH OF CHILDREN AND DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.