

SUGGESTED USE

Adults take 2-3 capsules 1 hour before bed.
Maximum time of use 1 month.

Caution: US FDA advises that a potential risk of rare but severe liver injury may be associated with kava-containing dietary supplements. Do not take if you have or have had liver problems, drink alcohol or take any medications. If you have a medical condition, use under the advice of a health practitioner. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. **Store away from children.** Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair ability to operate a vehicle or heavy equipment. Use only as directed on label. Safety-sealed for your protection. Keep bottle capped at all times and store in a cool, dry place. Natural separation may occur. This does not affect product quality.



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HERBS

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SLEEP SUPPORT*

Sound Sleep[®]

Supports natural transition to sleep for
occasional sleepless nights*

120

VEGAN LIQUID PHYTO-CAPS[®]
HERBAL SUPPLEMENT

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 40

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Proprietary Extract Blend	1,296 mg	†

Organic Passionflower (*Passiflora incarnata*) flowering vine, Organic Skullcap (*Scutellaria lateriflora*) aerial parts extract, Kava (*Piper methysticum*) root, Organic Valerian (*Valeriana officinalis*) root, Organic California Poppy (*Eschscholzia californica*) whole plant, Organic Vervain aerial parts, Organic Hops (*Humulus lupulus*) strobile, Organic Gotu Kola (*Centella asiatica*) leaf

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).

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Each 3 capsules contain 2,900 mg dry herb equivalent.

[101] 1024-0219

* 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.