

Directions: Take one capsule at bedtime.

Hempanol PM is the natural way to support sleep function.* Also, use it whenever you need to relax.* Calm yourself into REM sleep through the powers of hemp plus hops and cinnamon.

Beta caryophyllene occurs naturally in hemp, oregano, hops, and cinnamon. Each capsule contains 10 mgs crude, whole hemp extract. Enduring wellness is the key for a great life. Vivid dreams may be experienced.

*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.

Mfd for North American Herb & Spice
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CO₂-extracted

Hempanol PM™

Sleep & wellness support formula*

Beta caryophyllene-rich

Crude whole food hemp & hops extract



Dietary Supplement 60 (140 mg) softgels

Supplement Facts

Serving Size: 1 softgel, per container 60

Amount Per Serving	% Daily value
Proprietary blend 140 mg in organic extra virgin olive oil	
Raw, organic, CO ₂ -extracted wild oregano	*
Raw, CO ₂ extract from hemp stalk	*
Cinnamon essential oil	*
Raw, CO ₂ -extracted hops	*
Raw, CO ₂ -extracted chamomile	*
*Daily value not established	

Other ingredients: BSE-Free beef gelatin, Non-GMO

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