

**BANYAN<sup>®</sup>**  
**BOTANICALS**

AYURVEDIC HERBS

# I Sleep Soundly™

Promotes Sound, Restful Sleep\*



90 Tablets  
Dietary Supplement

Certified Organic

## Supplement Facts

Serving Size: 2 tablets

Servings Per Container: 45

Amount  
Per Serving

### Proprietary Blend

1000mg\*\*

Eclipta leaf (Bhringaraj), *Eclipta alba*+

Valerian root, *Valeriana officinalis*+

Skullcap herb, *Scutellaria lateriflora*+

Passionflower herb, *Passiflora incarnata*+

Indian Tinospora stem (Guduchi), *Tinospora cordifolia*+

Chamomile flower, *Matricaria recutita*+

Ashwagandha root, *Withania somnifera*+

Finger-leaf Morning Glory root (Vidari Kanda), *Ipomoea digitata*+

Fennel seed, *Foeniculum vulgare*+

Long Pepper fruit (Pippali), *Piper longum*+

Nutmeg seed, *Myristica fragrans*+

\*\*Daily Value not established

Other ingredients, from natural sources: organic gum acacia,  
organic rice flour.

+Certified Organic

Suggested Use: Take 1–2 tablets 1/2 hour before going  
to bed, or as directed by your health practitioner.

Not to be used during pregnancy. If you are nursing,  
taking medications, or have a medical condition, please  
consult with your health care practitioner prior to the use  
of this product. Keep out of the reach of children.

\*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.

Store in a cool, dry place. Do not use if  
seal is broken or missing. Free of gluten,  
soy, and dairy. 100% vegetarian.

1-800-953-6424 banyanbotanicals.com



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Certified Organic by  
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