

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet 30 minutes before bedtime.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving

L-Theanine	200 mg	**
Nighttime Herbal Blend	50 mg	**
Chamomile Extract (<i>Matricaria recutita</i>) (flower), Lavender Extract (<i>Lavandula officinalis</i>) (aerial), Lemon Balm Extract (<i>Melissa officinalis</i>) (leaf), Valerian Root Extract (<i>Valeriana officinalis</i>) (root)		

Melatonin	10 mg	**
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**Daily Value not established

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Maltodextrin, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silica, Vegetable Juice Color, Vegetable Glycerin.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor and Sweetener.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Carefully Manufactured for
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For more information, call toll-free
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Part No.22-30050



3 BENEFITS IN ONE PILL

BENEFIT 1:

Calming L-Theanine, combined with a blend of nighttime herbs chamomile, lavender, lemon balm and valerian root extracts, to help you relax and unwind.*

BENEFIT 2:

Quick release melatonin helps you fall asleep fast.*

BENEFIT 3:

Clinically studied time-release melatonin works with your body's natural sleep cycle to help you stay asleep.*



TRIPLE ACTION TIME-RELEASE TECHNOLOGY

*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.



— TRIPLE ACTION —

Sleep

HELPS YOU RELAX,
STAY ASLEEP LONGER &
WAKE UP REFRESHED*



Clinically Studied Time-release
Melatonin plus Calming L-Theanine,
and a Nighttime Herbal Blend*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS • NON-GMO

60 TRI-LAYERED TABLETS

DIETARY SUPPLEMENT

A great night's sleep. A great day. They really go hand-in-hand. But, a restful night's sleep isn't always easy to get. Sleep aids can help you fall asleep. But, how many of them help you stay asleep and wake up feeling refreshed?

Now there's one product that helps you get a good night's sleep three ways: Solgar® Triple Action Sleep.*

Solgar® Triple Action Sleep leverages clinically studied time-release technology that allows each tablet layer to... dissolve at different times throughout the night. So it helps you relax... get a good night's sleep... and wake up ready to take on the day!*

Melatonin plays a vital role in the maintenance of circadian rhythm "sleep-wake cycle", sleep induction and sleep duration.*

L-Theanine interacts with the neurotransmitter GABA, to support a calm and relaxed mood.*

Our Nighttime Herbal Blend includes Chamomile, Lavender, Lemon Balm and Valerian Root extracts.

For occasional sleeplessness*

