

Sleep Answer®

Developed with a clinically researched dose of melatonin to help you get a sound night's sleep†

HSC 02 C13000, 2020 R-1



Sleep Answer®

Doctor-formulated,
dual-dose,
melatonin solution



*Delivers a second
dose hours later to
help keep you asleep!†*

Safe and
non-habit-forming†

HEALTHY
DIRECTIONS

Dietary Supplement
28 Dual-Dose Capsules

Sleep Answer®

Advanced dual-dose capsule delivers your first dose right when you're ready to fall asleep, and a second dose a few hours later, to help *you stay asleep!*†

“My **Sleep Answer** formula represents decades of research to bring you an advanced melatonin supplement.”†

— Dr. Richard Wurtman, MD,
and leading sleep science researcher

UNCONDITIONALLY GUARANTEED for purity and potency. To preserve quality and freshness, store box in a cool, dry place.

WARNING: For adult use only at bedtime. This product is not to be taken by pregnant or lactating women. Consult a health care practitioner before use if you are pregnant or nursing, have a serious medical condition, or use any medications. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery.

Keep out of reach of children.



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† 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.

Doctor's Suggested Use: If you are taking melatonin now, you should stop a few days before starting Sleep Answer. Take one dual-release capsule every night, 30 to 60 minutes before bed.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 28

Amount Per Serving	% DV
Melatonin	0.9 mg *

*Daily Value (DV) not established.

Other ingredients: Glycerin, vegetable cellulose, hydroxypropyl methylcellulose, sugar, talc, pharmaceutical glaze, polyvinylpyrrolidone, FD&C Blue Lake #2.

Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com

Almost Out?
Call 1-866-599-9491

www.HealthyDirections.com