

Suggested Usage: Take 1 capsule about 1 hour before bedtime with juice or water.

NOW® Sleep Regimen 3-in-1 is formulated to relax the mind and promote restful sleep.* This formula encourages relaxation and has melatonin to support the regulation of the body's sleep/wake cycle.* 5-HTP has been included to support serotonin production, which promotes a sense of calm.* Altogether, this product can help you wind down at the end of the day and get a good night's sleep.*

*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.

Caution: For adults only. Not recommended for pregnant/nursing women. Do not operate a vehicle or heavy machinery following consumption of melatonin. Consult physician if taking medications (especially sedatives, immunosuppressants, anticoagulants, antidepressants, blood pressure medications), or have a medical condition. May cause drowsiness and mild transient GI symptoms. Take with food in case of GI upset. Keep out of reach of children.

CAPSULE SIZE

CODE 4769 V2



Sleep Regimen 3-in-1

Restful Sleep Blend*

- Promotes Relaxation*
- With Melatonin & 5-HTP

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



General Health

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

L-Theanine	200 mg**
5-HTP (5-hydroxytryptophan) (from <i>Griffonia simplicifolia</i> Extract) (Seed)	50 mg**
Melatonin	3 mg**

** Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Stearic Acid (vegetable source) and Silicon Dioxide.

Manufactured & Quality Tested by NOW FOODS
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nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.
Store in a cool, dry place after opening.

