

SUGGESTED USE: 2 CAPSULES 30 TO 45 MINUTES BEFORE BED OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE & CONSULT YOUR HEALTHCARE PRACTITIONER.

KEEP OUT OF REACH OF CHILDREN.
STORE SEALED IN A COOL, DRY PLACE.

Albion™ and DimaCal™ are trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904. | Suntheanine® is a registered trademark of Taiyo International, Inc. Sensoril® is a trademark of Natreon, Inc. and is protected under U.S. Patents 6,153,198 & 7,318,938.

Manufactured For:
Moss Nutrition
Products, Inc.
380 Russell Street
Hadley, MA 01035
800-851-5444



WWW.MOSSNUTRITION.COM

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



Natural Support for Restful Sleep*

Dietary Supplement
60 Vegetarian Capsules

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV
Calcium (as Di-Calcium Malate) (DimaCal™)	40 mg	3%
Magnesium (as Di-Magnesium Malate) (Albion™)	40 mg	10%
Valerian root extract (4:1) (<i>Valeriana officinalis</i>)	125 mg	**
Gamma Aminobutyric Acid (GABA)	100 mg	**
Inositol	100 mg	**
L-Theanine (as Suntheanine®)	100 mg	**
5-Hydroxytryptophan (5-HTP)	50 mg	**
Sensoril® Ashwagandha (<i>Withania somnifera</i>) root & leaf extract (10% withanolides)	50 mg	**
Holy Basil leaf extract (10:1) (<i>Ocimum sanctum</i>) (2.5% ursolic acid)	40 mg	**
Hops strobile extract (4:1) (<i>Humulus lupulus</i>)	40 mg	**
Passion Flower aerial extract (4:1) (<i>Passiflora incarnata</i>) (4% flavonoids)	40 mg	**
Rhodiola root extract (<i>Rhodiola rosea</i>) (3% rosavins)	40 mg	**
California Poppy aerial extract (5:1) (<i>Eschscholzia californica</i>)	25 mg	**
Jujube seed extract (4:1) (<i>Ziziphus jujuba</i>)	25 mg	**
Melatonin	3 mg	**

** Daily Value (DV) not established.

V0520.11

Other ingredients: Capsule (cellulose), microcrystalline cellulose, vegetable stearate, maltodextrin (non-GMO), silica. Does not contain gluten.