

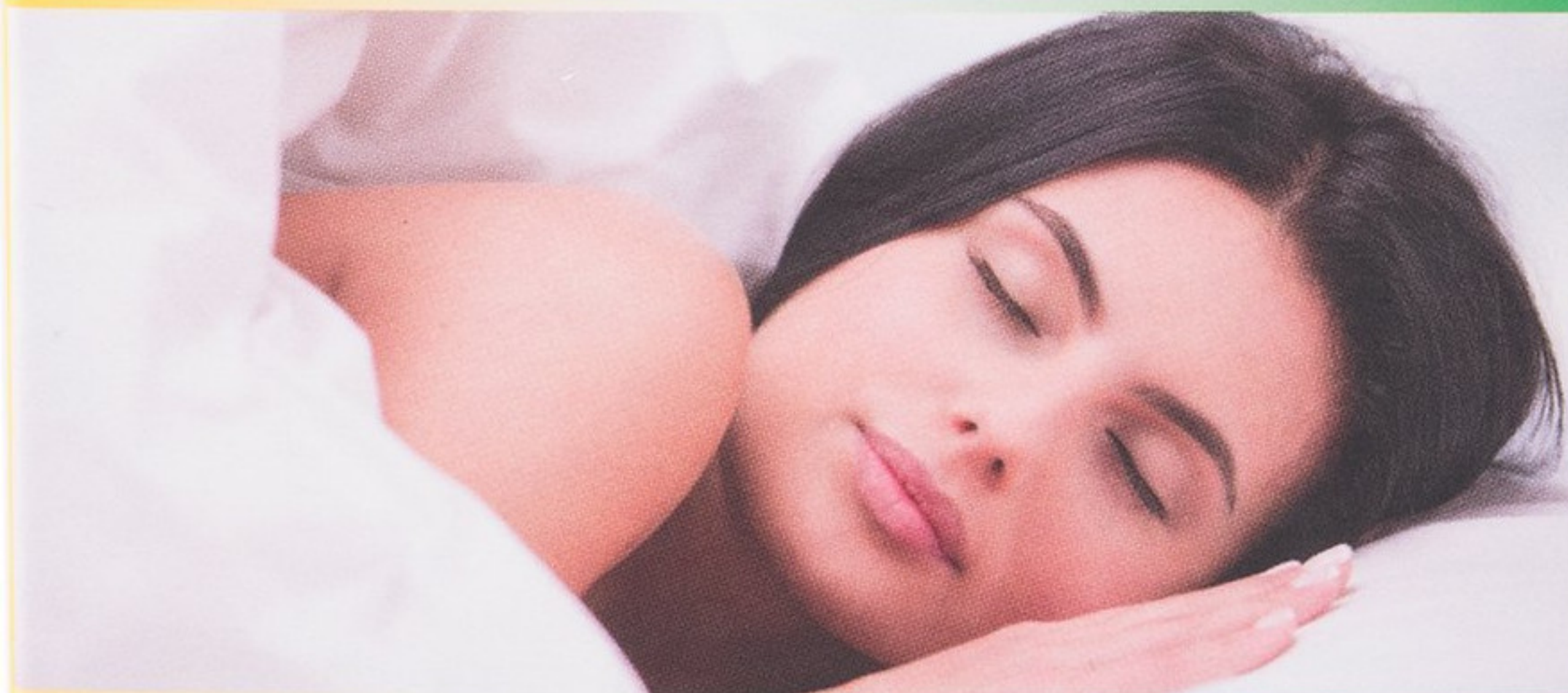
NEW THE NATURAL CHOICE*

Alteril[®] PM

with Turmeric

NATURAL SLEEP AID

**MAY REDUCE ACHES AND SORENESS
FOR A BETTER NIGHTS' SLEEP***



**Combines Alteril with Power of Curcumin
from Turmeric that supports alleviating
the discomforts that may keep you awake***

Drug Free
Dietary Supplement



Not Actual Size

24 Vegetarian
Tablets

• Non-Habit Forming Ingredients*
• Promotes Healthy Sleep*
• Drug Free

Supplement Facts

Serving Size 2 Tablets
Servings per Container 12

	Amount per Serving	% Daily Value
5-HTP (5-Hydroxytryptophan) (From Griffonia Simplicifolia) (seed)	100mg	**
Melatonin	4mg	**
Proprietary Blend:	760mg	**
Turmeric Extract (Curcuma longa) (root) (standardized to contain 95% Curcuminoids), Corydalis Yanhusuo Extract (root), Valerian Extract (root), White Willow Extract (bark)		

**Daily Value not established

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Silicon Dioxide, Maltodextrin, Coating (Hypromellose, Glycerin)

SUGGESTED USE: For adults, take two (2) tablets with an 8oz glass of water one hour before bed time.

Keep out of reach of children.

Store in a cool dry place.

Do not use if blister unit is broken.

ADVERSE EVENTS may be reported to the domestic address and/or phone number on this label.

WARNING: This product is not designed or intended to be used by persons under 18 years of age. Do not use if pregnant, lactating or nursing. Consult a physician or licensed qualified healthcare professional before using this product if you are being treated or diagnosed with any medical conditions, or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving; exceeding may cause serious adverse health effects. Seek medical attention if any unusual symptoms occur. Do not use in conjunction with alcoholic beverages, when driving, while operating heavy machinery or if you are experiencing long term sleep difficulties.

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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.

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