

DRUG FREE* #1 SLEEP BRAND

Alteril®

Natural Sleep Aid

Like 3 Sleeping Pills in One*
Valerian • Melatonin • L-Tryptophan



Alteril Not Actual Size
30 Tablets

DIETARY SUPPLEMENT



Wake Up Refreshed*



- ✦ Fall asleep faster & stay asleep*
- ✦ Prolong deeper sleep stages*
- ✦ Reduce nighttime awakenings*

Supplement Facts		
Serving Size	2 Tablets	
Servings per Container	15	
	Amount per Serving	% Daily Value
L-Tryptophan	665 mg	**
Glycine	50 mg	**
Melatonin	4 mg	**
Proprietary Blend:	160 mg	**
Skullcap Extract (root), Valerian Extract (root), Chamomile Extract (flower), Hops Extract (flower), Passionflower Extract (flower)		
**Daily Value not established		

Other Ingredients: Sorbitol, Calcium Carbonate, Dicalcium Phosphate, Croscarmellose Sodium, Magnesium Stearate, Stearic Acid, Colloidal Silicon Dioxide, Maltodextrin, Dextrin, Silicon Dioxide, Coating (Hypromellose, Polyethylene Glycol, Polyvinyl Alcohol, Titanium Dioxide, Talc, Riboflavin)

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 listed on this label.
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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 or if you are experiencing long term sleep difficulties.

*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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Sleep Well Tonight*

