

DRUG FREE*

#1 SLEEP BRAND

Alteril

**Natural
Sleep Aid**

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



Alteril

Not Actual Size

60 Tablets

DIETARY SUPPLEMENT



Wake Up Refreshed*



Alteril

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

Supplement Facts		
Serving Size		2 Tablets
Servings per Container		30
	Amount per Serving	% Daily Value
L-Tryptophan	665 mg	**
Glycine	50 mg	**
Melatonin	4 mg	**
Proprietary Blend: Skullcap Extract (root), Valerian Extract (root), Chamomile Extract (flower), Hops Extract (flower), Passionflower Extract (flower)	160 mg	**
**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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for: Global Product Management, Inc.
605 E. Huntington Drive, Suite 213
Monrovia, CA 91016
800-727-1664
www.Alteril.com



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*

Alteril