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Sleep Tight is formulated to promote a restful, relaxed state and relieve occasional sleeplessness by beneficially modulating the metabolism of melatonin and promoting relaxation.*

Directions: Take 1-2 tablets approximately 30 minutes prior to sleep or as directed by your healthcare practitioner.

This product is non-GMO, gluten free, and vegetarian.

Warning: Do not use if pregnant or nursing.

Caution: For adult use only. Avoid use with history of seizures or depression, if taking benzodiazepines or sedating medications, or if consuming alcohol. If taking medications, including anticoagulants, or experiencing long term sleep difficulties, consult your healthcare practitioner before use. Use caution if driving or operating machinery. Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place.

*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.

SLEEP TIGHT

Dietary
Supplement

Formulated for
Sara Gottfried, M.D.

RELIEF FOR OCCASIONAL
SLEEPLESSNESS*



reset⁶⁶⁰

60
TABLETS

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value
Calcium (as calcium lactate)	70 mg 7%
Magnesium (as magnesium citrate)	140 mg 35%
Chinese Skullcap (<i>Scutellaria baicaensis</i>) Root Extract (standardized to 30% (120 mg flavonoids)	400 mg *
Passionflower (<i>Passiflora incarnata</i> L.) Flower Extract (standardized to 1.6% (3.2 mg flavonoids)	200 mg *
Melissa Lemon Balm (<i>Monarda officinalis</i> L.) Leaf Extract (standardized to 3% (4.5 mg rosmarinic acid)	150 mg *
Valerian (<i>Valeriana officinalis</i> L.) Root Extract (standardized to 0.3% (0.3 mg valeric acid)	100 mg *
Flores (<i>Hemerocallis florea</i> L.) Cone 7.5:1 Extract	50 mg *
Melatonin	3 mg *

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating (hydroxypropylcellulose, polyacrylate, and hydroxypropylcellulose).

DISTRIBUTED BY: GOTTFRIED INSTITUTE

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To report adverse events call 866-648-4324.

100-020601

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