

**SUGGESTED USE:** As a dietary supplement, take two (2) capsules once daily, 60 to 90 minutes before bed with water, or as directed by a healthcare professional.

**CAUTION:** Do not exceed recommended dose. Pregnant or nursing mothers, children under age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

† 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.

**KEEP OUT OF THE REACH OF CHILDREN.  
DO NOT USE IF SAFETY SEAL IS DAMAGED  
OR MISSING. STORE IN A COOL, DRY PLACE.**

### Questions about our product?

We are here to help you! Email our team at  
[support@bioschwartz.com](mailto:support@bioschwartz.com)



- ✓ Quiets Racing Mind†
- ✓ Calms & Soothes Nerves†
- ✓ Promotes Healthy Mood†
- ✓ Wake Refreshed & Alert†
- ✓ No Fillers or GMOs, Gluten Free

Lot# and Expiration Date Printed on Bottom of Bottle.

**BIO**  
**Schwartz**



# Premium Ultra Pure **NIGHTTIME STRESS RELIEF**

**[WITH 5-HTP, MAGNESIUM & MELATONIN]**

**CALMS MIND & BODY SO YOU CAN SLEEP†**

**Dietary Supplement**

**30**  
Night Sleep  
**60**  
Capsules

Superior Quality Guarantee  
More info at [bioschwartz.com](http://bioschwartz.com)

## Supplement Facts

Serving Size: 2 Capsules  
Servings per Package: 30

|                                                                                                          | Amount Per Serving | %DV  |
|----------------------------------------------------------------------------------------------------------|--------------------|------|
| Vitamin B6 (pyridoxine HCl)                                                                              | 10 mg              | 588% |
| Magnesium (amino acid chelate)                                                                           | 45 mg              | 11%  |
| L-tryptophan                                                                                             | 150 mg             | *    |
| 5-Hydroxytryptophan (5-HTP)<br>[from Griffonia simplicifolia seed extract]                               | 200 mg             | *    |
| L-tyrosine                                                                                               | 100 mg             | *    |
| Melatonin                                                                                                | 1 mg               | *    |
| Herbal relaxation blend<br>Lemon Balm extract (aerial), Valerian root<br>extract, Chamomile herb extract | 225 mg             | *    |

\*Daily Value (DV) not established

Other Ingredients: Vegetable Capsule (HPMC),  
Ascorbyl Palmitate, Organic Rice Bran Extract

**NO** GMOs, Soy, Gluten, Wheat, Tree Nuts, Peanuts,  
Added Sugar, Preservatives or Artificial Colorants.

Manufactured for  
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<http://www.bioschwartz.com>

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