

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving		% DV
Vitamin B6	10 mg	588%
Magnesium (as Oxide)	81 mg	19%
Valerian Root (Std. to 0.8% Valerenic Acid)	125 mg	**
Gamma-Aminobutyric Acid (GABA)	100 mg	**
Chamomile (Flower)	100 mg	**
Threonic Acid	66 mg	**
Passion Flower (<i>Passiflora incarnata</i> ; Flower & Aerial Parts)	50 mg	**
Lemon Balm (Leaf)	50 mg	**
Hops (Flower)	40 mg	**
5-Hydroxytryptophan (5-HTP)	15 mg	**
Melatonin	4 mg	**

** Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose Capsule, Rice Flour.



SLEEP SUPPORT

- ✓ Comprehensive Formula for Optimum Support*
- ✓ Natural Valerian, Chamomile & Other Premium Herbs
- ✓ Soothing Magnesium, GABA & More*

SUGGESTED USE: Take 2 capsules with water 30 minutes before bedtime, or as directed by a healthcare practitioner.

CAUTION: Do not exceed recommended dose. Pregnant and nursing mothers, children under the age of 18, and individuals with a known medical condition or who are taking prescription medication should consult a physician before taking 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.

HMSNUTRITION.COM

120
Capsules

Dietary Supplement



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