

SUGGESTED USE: Take one capsule with water 30 minutes prior to bedtime.

Essential Nutrients and Key Actives to Support Restful Sleep†

Melatonin exists naturally in the human body and is involved in setting mammalian circadian rhythms. Our **Sleep Support with Melatonin** contains two B vitamins which play roles in the production of adrenal hormones and essential neurotransmitters that regulate sleep patterns.† Magnesium aids in calming nerves and relaxing the muscles, GABA is an amino acid that supports an over-excited brain, and L-Theanine supports the brain's production of relaxing alpha waves, further supported by calming chamomile flowers.†

CONTAINS NO artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

Caution: Do not exceed recommended dosage. Use only at bedtime. Do not use if pregnant or nursing. Regular dosage for individuals of any age should be limited to two weeks. If less than 40 years old, do not use regularly for any purpose except on advice of a health care practitioner. If you have diabetes, an autoimmune, endocrine, depressive, or seizure disorder, consult your health care practitioner before use. Do not drive or operate machinery while taking this product. Not intended for use by children under age 18.

*SGS verified the process for manufacturing this product with no GMO ingredients. www.sgs.com/no-gmo

Store in a cool, dry place.

We Guarantee Our Supplements for Potency and Purity
To report a serious adverse event, call 1-888-710-0006

† 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.



Sleep Support with Melatonin

Promotes Restful Sleep*

dietary supplement

gluten free • dairy free • soy free • nut free

50 Vegan Capsules

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 50

| Amount Per Serving | % Daily Value | |
|---|---------------|------|
| Vitamin B6 (as pyridoxine hydrochloride) | 1 mg | 59% |
| Pantothenic Acid (as calcium pantothenate) | 20 mg | 400% |
| Calcium (as calcium phosphate) | 25 mg | 2% |
| Magnesium (from magnesium citrate) | 50 mg | 12% |
| GABA (gamma amino butyric acid) | 100 mg | * |
| Calming Sleep Support Blend (Chamomile (<i>Matricaria</i>) flowers 75%, L-Theanine 25%) | 100 mg | * |
| Melatonin | 3 mg | * |

* Daily value not established

Other ingredients: Vegetarian capsule, cellulose, silica, magnesium stearate (vegetable source).

Manufactured for: Natural Healthy Concepts
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KEEP OUT OF REACH OF CHILDREN.

VVL 469-50D