

Power to Sleep PM® - Attaining restful and sustained sleep is fundamental to health and well being. That's why we created Power to Sleep PM®. This unique formula is designed to help you relax before bed, to sleep soundly throughout the night, and to wake-up feeling refreshed in the morning.*

■ **Promotes Relaxation:** A combination of soothing nutrients helps to relax the body and calm the mind.*

■ **Stimulates Sleep:** Melatonin helps to promote the onset of sleep and is key to maintaining a normal sleep cycle.*

■ **Supports Balance:** L-Theanine helps to reduce the effects of stress, while minerals (Calcium, Magnesium) help to replenish essential nutrient stores.*

This advanced formula focuses on these three targeted areas to promote restful sleep without causing early-morning drowsiness.* Use this product for occasional sleeplessness or on a daily basis to promote relaxation before bedtime.*

What makes us different:

■ **Liquid Soft-Gels** - The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and offer no nutritional value. Advanced Liquid Soft-Gels provide an optimum delivery system.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Quality Assurance - Irwin Naturals® is committed to providing the highest quality products for your health. We employ compliance testing to ensure purity and potency.



Global Responsibility - Over the years we have donated to organizations that support the environment and the health of our children.



Patented BioPerine® - Our special BioPerine Complex enhances the bio-availability, absorption and potency of many nutrients.*

Usage Warnings: Use only at bedtime. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Do not use if safety seal is broken. Check with your doctor before using this seal is broken. Check with your doctor before using this seal is broken. Check with your doctor before using this seal is broken. Do not use if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

QUESTIONS: Contact Consumer Affairs
1-800-297-3273 • Weekdays 8:00 AM to 5:00 PM (PST)
Questions@IrwinNaturals.com



Highly Specialized Products:
www.IrwinNaturals.com

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VALUE SIZE!



Power to Sleep PM®
*Wake Up Refreshed**



**Promotes Restful Sleep
and a Healthy Sleep Cycle***

120 LIQUID SOFT-GELS

DIETARY SUPPLEMENT

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gels 30 minutes before bedtime to promote a restful sleep.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	20	
Total Fat	1 g	2%**
Total Carbohydrates	1 g	<1%**
Protein	1 g	
Calcium (as Calcium Citrate)	11 mg	1%
Magnesium (as Magnesium Citrate)	12 mg	3%
Flaxseed Oil (seed)	1087 mg	†
Valerian extract (0.8% valerenic acid, 1.6 mg)(root)	200 mg	†
Ashwagandha extract (4.5% withanolides, 6.75 mg)(root)	150 mg	†
Hops extract (4:1)(flower)	150 mg	†
Lemon Balm extract (5% rosmarinic acid, 7.5 mg)(leaf)	150 mg	†
Passionflower extract (3.5% vitexin, 5.25 mg)(flower)	150 mg	†
GABA (Gamma-Aminobutyric Acid)	100 mg	†
L-Theanine	50 mg	†
Melatonin	2 mg	†
BioPerine Complex	6 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

**% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, soy lecithin, beeswax, dextrin, caramel (color), titanium dioxide (color) and maltodextrin.

Contains: Soy

® BIOPERINE® is a registered trademark of Sabinsa Corporation.

No preservatives added.

DISTRIBUTED, FORMULATED AND QUALITY TESTED by:
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