

SUGGESTED USE: As a dietary supplement take two (2) capsules once a day. For best results take 20-30 min before bedtime with an 8oz. glass of water or as directed by your healthcare professional.

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

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

*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.

Lot # and Best by date printed on bottom of bottle.
V6R1

NATURE AT ITS FINEST


Nature's Craft®

SLEEP FORMULA

For Occasional Sleeplessness only*



**May Help
Curb Appetite***

60 Capsules
Dietary Supplement

Supplement Facts

Serving Size: 2 Capsules
Serving Per Container: 30

	Amount Per Serving	%DV
Calcium (as Calcium Carbonate)	17mg	1%
Vitamin B6 (Pyridoxine HCl)	1.8mg	106%
Magnesium (as Magnesium Citrate)	13mg	3%
Melatonin	10mg	**
Sleep Formula Proprietary Blend:	905mg	**
L-Tryptophan, Goji (<i>Wolfberry</i>)(<i>Lycium barbarum</i>)(berry), Chamomile (<i>Matricaria chamomilla</i>)(flower), Lemon Balm (<i>Melissa officinalis</i>)(aerial), Passion Flower (<i>Passiflora incarnata</i>)(flower), L-Taurine, Hops (<i>Humulus lupulus</i>)(flower), St. John's Wort (<i>Hypericum perforatum</i>)(aerial), GABA (Gamma aminobutyric acid), Skullcap (<i>Scutellaria baicalensis</i>)(root), L-Theanine, Ashwagandha (<i>Withania somnifera</i>)(root), Inositol, 5-HTP (<i>Griffonia simplicifolia</i>)(seed).		

** Daily Value (DV) not established

Inactive Ingredients: Cellulose (Vegetable Capsule), Magnesium Stearate (Vegetable), Silicon Dioxide.

Manufactured Exclusively For:
Nature's Craft
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