

Suggested Use: As a dietary supplement, adults take one (1) vegetarian capsule daily, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

We only put our name on formulas that meet our unrivaled quality standards, and we continue raising the bar on these standards without raising the bar on your budget. Our supplements are GMP (Good Manufacturing Practices) certified, ingredient verified, screened for heavy metals, and formulated without questionable fillers, artificial colors, sweeteners, flavors, and other problematic ingredients. We scrutinize every detail, so you don't have to, because we are, and always have been, your Original good4u[®] Grocers.

To Your Health, - The Kelly Family

Manufactured for:
Vitamin Cottage Natural Food Markets, Inc.
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SLEEP FORMULA

Sleep Support[†]

90 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Vegetarian Capsule

	Amount Per Serving	% Daily Value**
Valerian Root Extract (<i>Valeriana officinalis</i>)	130 mg	†
0.8% Valerenic Acid Deodorized		
California Poppy Whole Plant Extract (<i>Eschscholzia californica</i>) 2% Rutin	130 mg	†

† Daily Value not established

** Percent Daily Values are based on a 2,000 calorie diet

Other Ingredients: Microcrystalline cellulose, capsule (cellulose, water), silica, and rice bran.

Contains No: sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, magnesium stearate, artificial colors or flavors.

Caution: As with any supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, or are under medical supervision for any reason. Keep out of reach of children.

For Serious Adverse Event Reporting Call (877) 455-1836.

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

