

Suggested Use: Take 1 capsule, 1-2 hours before bedtime with a beverage. May be taken on an empty stomach. Recommended to take for at least one week for best results.

## Supplement Facts

Serving Size 1 Capsule Servings per Container 30

**Amount per Serving** Organic Valerian Root Extract 4:1

300 mg \*\*

60 mg \*\*

% DV

Organic Sensoril®† Ashwagandha Root and Leaf Extract (Withania somnifera /10% Withanolides) 125 mg \*\*

Organic Passion Flower Extract 4:1 80 mg \*\* (Passiflora incarnata)

Organic Hops Flower Extract 10:1

(Valeriana officinalis)

stearic acid

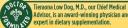
(Humulus lupulus)

\*\* % Daily Value (DV) not established

Other Ingredients: Maltodextrin, hypromellose, rice hulls, rice extract blend (rice extract, rice hulls, gum arabic, sunflower oil), silicon dioxide,

Made for MegaFood, PO Box 5244, Manchester, NH 03108 USA megafood.com / 800.848.2542

MegaFood Herbal Sleep is formulated to provide a sense 51494 10392 of relaxation and restorative sleep. Valerian and hops are used to promote restful sleep in those with occasional sleeplessness, while calming passion flower and Sensorit® ashwagandha help to release tension.®



Advisor, is an award-winning physician and expert in dietary supplementation.

We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture, megafood.com/farmers

F1469B Bev: 2 10/20 Lot#: Best Befon

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.

If pregnant, nursing, or you have a health condition, consult your healthcare practitioner before taking this product.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.

+SENSORIL® is a registered trademark of Natreon, Inc.