



*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.



MegaFood®
Fresh From Farm To Capsule™

Herbal Sleep

Promotes Restful
& Restorative Sleep*



30
CAPSULES
30
SERVINGS

with valerian, ashwagandha, passion flower & hops
HERBAL
DIETARY SUPPLEMENT

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		% DV
Organic Valerian Root Extract 4:1 (<i>Valeriana officinalis</i>)	300 mg	**
Organic Sensoril®† Ashwagandha Root and Leaf Extract (<i>Withania somnifera</i> /10% Withanolides)	125 mg	**
Organic Passion Flower Extract 4:1 (<i>Passiflora incarnata</i>)	80 mg	**
Organic Hops Flower Extract 10:1 (<i>Humulus lupulus</i>)	60 mg	**

** % Daily Value (DV) not established

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

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

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



Tieraona Low Dog, M.D., our Chief Medical 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

*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.



F1469B
Rev: 2 10/20
Best Before:
Lot#: