

DIRECTIONS (Adults): Take three (3) capsules or as directed by your doctor. Best if taken before bedtime. For children, consult your doctor.

Slumber-EZ is a unique formula targeting seven distinct areas of nutritional imbalance that may interfere with sleep.

No added gluten, yeast, wheat, rice, corn, soy, dairy, eggs, peanuts, fish, shellfish, sugar, artificial color or artificial flavor. Non-GMO.

TryptoGOLD LIDTKE's naturally produced
Ultra-premium L-Tryptophan

Best by:

*** 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.**

Warning: KEEP OUT OF REACH OF CHILDREN. If you are pregnant, lactating, taking any medications (including MAOIs, Tricyclics, or SSRIs), or have a medical condition, consult your doctor. Discontinue use if adverse reaction occurs. Do not use if seal is damaged or missing. Keep lid tightly closed. Keep in a cool, dry place.



LIDTKE®

Superb Quality Since 1994

Slumber-EZ®

Fall Asleep Naturally

Sleep Better Tonight
Wake Refreshed*

Purest on the Planet

60 VEGAN Capsules • A DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 capsules
Servings per container: 20

Amount Per Serving	% Daily Value*	
Vitamin A (as mixed carotenoids) (as β -Carotene, α -Carotene, Lutein, Lycopene, Zeaxanthin)	5000 IU	100%
Thiamin (as thiamin mononitrate)	15 mg	1000%
Vitamin B2 (as Riboflavin)	15 mg	880%
Vitamin B3 (as niacinamide)	20 mg	100%
Coenzyme Vitamin B6 (as Pyridoxal 5-Phosphate [15mg])	10 mg	500%
Magnesium (as Mg bisglycinate [150 mg])	12 mg	4%
Molybdenum (as Mo glycinate)	300 mcg	400%
L-Tryptophan, TryptoGold™	825 mg	**
L-Lysine HCl, USP†	300 mg	**
L-Serine, USP†	225 mg	**
GABA	150 mg	**
Taurine, USP†	120 mg	**

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

** Daily Value not established

Other ingredients: Vegan capsule (plant-derived hypromellose, water).

† As certified by the manufacturer.

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Adverse events may be reported above.

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