

Supplement Facts

Serving size: 1 vegetable capsule

Servings per container: 30

	Amount per Serving	% DV*
Vitamin C (from acerola cherry)	3 mg	3%
Niacin (from niacinamide)	18 mg	112%
Calcium (from calcium lactate)	7 mg	<1%
Magnesium (from magnesium citrate)	8 mg	2%
Foti root extract (24:1)	119 mg	**
L-theanine	100 mg	**
Tryptophan	100 mg	**
Glycine	25 mg	**
Acetyl-L-carnitine	25 mg	**
DMAE (dimethylaminoethanol, from DMAE bitartrate)	25 mg	**
GABA (gamma-aminobutyric acid)	25 mg	**
Rehmannia root powder (Rehmannia glutinosa)	25 mg	**
L-glutamine	25 mg	**
Choline (from choline bitartrate)	4 mg	**

*Percent Daily Values are based on a 2000 calorie diet.
**Daily Value not established.

Other ingredients: Vegetable capsule, magnesium stearate (vegetable source)



Dr. Berg

THE KNOWLEDGE DOC™

DIETARY SUPPLEMENT

SLEEP AID VEGAN FORMULA

Supports healthy sleep cycles†

30

VEGETARIAN
CAPSULES

SUGGESTED USE: As a dietary supplement take 1 capsule before bed.

CAUTION: Do not exceed 3 capsules before bed. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

†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.

Developed and distributed by
Dr. Eric Berg DC

To reorder:
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DO NOT USE IF SAFETY SEAL IS
DAMAGED OR MISSING. STORE IN A
COOL, DRY PLACE, WITH A LID.

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