

RESTFUL SLEEP to REPLENISH

Suggested Use: For best results, take 2 capsules 25 min. before bedtime or as directed by a healthcare professional.

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Caution: Do not exceed the suggested dose. If pregnant, nursing, have a serious medical condition or under the age of 18, consult a physician before use.



KEY NUTRIENTS

LIGHTS OUT

NATURAL SLEEP AID

DIETARY SUPPLEMENT

• VEGGIE 60 CAPSULES •

SUPPLEMENT FACTS

Serving Size: 2 Veggie Capsules / Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin B6 (as Pyridoxal 5-phosphate)	2 mg	118%
Valerian root extract	150 mg	*
Chamomile flower extract	150 mg	*
Passion flower extract (aerial parts-3.5% flavonoids)	100 mg	*
GABA	100 mg	*
Hops strobile	100 mg	*
Lemon Balm (aerial parts)	100 mg	*
5-HTP (as Griffonia Simplicifolia seed extract)	100 mg	*
Melatonin	3 mg	*

Other Ingredients: rice flour, magnesium stearate, hypromellose & silica.

ZERO

DAIRY, SOY, GLUTEN, TREE NUTS, SHELLFISH,
ANIMAL PRODUCTS OR DERIVATIVES

CAREFULLY CRAFTED FOR
KEY NUTRIENTS

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