

Warning: Do not take this product if you are pregnant or nursing. If have a serious medical condition, seek the advice of a healthcare professional before using this product. This product may cause drowsiness. Do not drive or operate machinery while taking this product.

Keep out of reach of children. Protect from light.

* 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.

Manufactured by **futurebiotics**® Hauppauge, NY 11788
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 health. nature. life.

With Valerian and Chamomile

RELAX & SLEEP®

Botanical & Mineral Formula

Now with L-Theanine

120 Vegetarian Tablets

Dietary Supplement

Supplement Facts

Serving size 1 tablet
 Servings per container 120

Amount Per Serving	% Daily Value	
Calcium (as calcium carbonate, dicalcium phosphate, and calcium glycinate chelate)	75 mg	6%
Magnesium (as magnesium oxide and magnesium glycinate chelate)	75 mg	18%

Relax & Sleep Blend 432.5 mg †
 Valerian root, Chamomile herb, Hawthorn berry, Fennel seed, Passion flower and herb, L-Theanine, Lemon Balm herb, Hops flower, Oat Straw (aerial part), Red Clover blossoms, Spearmint leaf, Vanilla bean, Skullcap herb.

† Daily Value not established

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, vegetarian stearate, silica, hydroxypropyl methylcellulose, polyethylene glycol.

Directions: As a dietary supplement for adults, take 1 tablet before bedtime or as directed by a healthcare professional.