



BERRY BEDTIME



Sleep Support
with 3 mg Melatonin

CHILDREN'S HEALTH

2 fl. oz.
(60 mL)

HERBAL DIETARY
SUPPLEMENT

48
SERVINGS



SUGGESTED USE: 2-4 yrs: 1/16 tsp.
5-11 yrs: 1/8 tsp. 12 yrs+: 1/4 tsp. Take
1/2 hour before bedtime. **Caution:** If you
are pregnant, nursing, have a medical
condition, or are taking a prescription,
consult your health care provider before
using this product. Shake well. Keep out of
reach of children. Store in a cool, dry place
out of sunlight.

Manufactured and Distributed by:
Mountain Meadow Herbs, Inc.
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Support for your little ones as they
drift off to sleep*

- Maintain calmness*
- Enjoy a stress-free bedtime*
- Melatonin helps to regulate
night and day cycles*



Supplement Facts

Serving Size: 1/4 tsp
Servings Per Container: 48

Per Serving	%DV
Melatonin	3 mg
Proprietary Blend	1.25 mL †

Chamomile flower, Hops flower,
Skullcap herb, Passionflower leaf,
Elderberries, and Aronia berries

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin,
distilled water and approx 5% - 10%
organic grain alcohol.

* 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.