



MOUNTAIN
MEADOW
HERBS®

STRESS & SLEEP

Relaxation
Support

EVERYDAY HEALTH

2 fl. oz.
(60 mL)

HERBAL DIETARY
SUPPLEMENT

48
SERVINGS



* 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.

SUGGESTED USE: 6-11 years: 1/8 tsp.

12 years & older: 1/4 tsp. Take in water 1-3 times daily or one half 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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888.528.8615 | www.mmherbs.com



Natural support for coping with daily stress*

- Avoid daytime stress buildup*
- Fall asleep faster*
- Calming herbs help you to stay relaxed*



1 dropperful = approx. 1/8 tsp.

Supplement Facts

Serving Size: 1/4 tsp

Servings Per Container: 48

Per Serving	%DV
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Proprietary Blend	1.25 mL †
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Passionflower leaf, Eleuthero root,
Hops flower, St. John's Wort herb,
Catnip flower & leaf, Skullcap herb

† Daily Value (DV) not established

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