

Improve the quality of your sleep



- ★ Fall asleep faster & stay asleep
- ★ Prolong deeper sleep stages
- ★ Reduce nighttime awakenings



Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 30

Ingredients	Amount Per Serving	% DV
L-Tryptophan LT-ONE™	666 mg	**
Valerian Root Extract (0.8% Valerenic acid)	40 mg	**
GABA (Gamma Aminobutyric acid)	100 mg	**
Melatonin	4 mg	**
Passion Flower Herb Extract (1.6% Flavonoids)	20 mg	**
Hops (Humulus Lupulus)	20 mg	**
Skullcap Extract (Scutellaria Laterifolia, Aerial Parts 3.5-4.5:1)	60 mg	**
Chamomile Herb	20 mg	**
Glycine	50 mg	**

** Daily Value (DV) not established.

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Other Ingredients: Dicalcium phosphate, Povidone, Sorbitol, Croscopovidone, Stearic Acid, Magnesium Stearate, Riboflavin.

Suggested Use: For adults, take two (2) tablets one hour before bedtime.

Keep out of reach of children.

Store at 15-30°C (59-86°F).

Do not use if blister unit is broken.

WARNING: Do not use in conjunction with alcoholic beverages, when driving or while operating heavy machinery. If you are taking prescription medicine or have a medical condition, are pregnant or lactating, consult your physician before taking Alteril. As with any adult supplement, do not administer this product to children. Contains Lecithin from Soybeans.

Manufactured for:
Biotab Nutraceuticals, Inc.
Monrovia, CA 91016
800-727-1664
www.alteril.com



* 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.

Sleep well tonight



ALL NEW



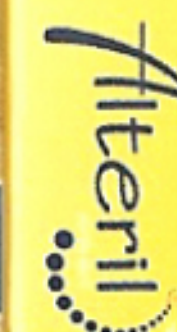
All Natural
Sleep Aid

100% all-natural dietary supplement to help you sleep when you need it, so you wake up refreshed.



60 Tablets
All Natural Sleep Aid
with L-Tryptophan

Maximum Strength



Wake up refreshed



LOT 0308079
EXP. APR/10