



## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 30

Amount Per Capsule		%DV
Calcium (from Calcium Carbonate)	60 mg	6%
Magnesium (from Magnesium Oxide)	48 mg	12%
Valerian (Root)	125 mg	*
Passion Flower	50 mg	*
Chamomile (Flower)	5 mg	*
Melatonin	1.5 mg	*

\* Daily Value (DV) not established.

### Ingredients

Valerian Root , Calcium Carbonate , Magnesium Oxide , Chamomile , Melatonin , Gelatin , Microcrystalline Cellulose , Stearic Acid , Magnesium Stearate , Silicon Dioxide

As a dietary supplement, take one capsule with water one half hour prior to retiring or as directed by your health care professional. Store in a cool dry place.