

SUGGESTED USE: As a dietary supplement for adults, take two (2) vegetable capsules daily, 30 minutes before bedtime.

Supplement Facts

Serving Size: 2 Vegetable Capsules
Servings Per Container: 30

Amount Per Serving		%DV
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%
Valerian Root Extract (<i>Valeriana officinalis</i>)	300 mg	**
L-Theanine	200 mg	**
Passionflower Extract (<i>Passiflora incarnata</i>)	80 mg	**
Hops Extract (<i>Humulus lupulus L.</i>) (flower)	30 mg	**

**Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Organic Rice Extract Blend, Organic Rice Hulls.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener and Color.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Excessive consumption may impair ability to drive a motor vehicle or operate heavy equipment. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Carefully Manufactured by:
Solgar, Inc.
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For more information,
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RELAX AND GET A SOUND NIGHT'S SLEEP WITH SOLGAR® SLEEP & STRESS SUPPORT*

Improves sleep quality
so you can wake feeling ready
to take on the day*

Helps relax and calm you*

Helps you fall asleep quickly and
get a good night's sleep*

Promotes rest
throughout the night*

For occasional
sleeplessness and stress*

Melatonin-free • 100% drug-free
Non-habit forming



— MELATONIN-FREE —

Sleep & Stress Support

A clinically-studied blend of
sleep-supporting herbs, plus
L-theanine for stress support*



GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS • NON-GMO

60 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Too often, stressful days can lead to
sleepless nights. That's why there's Solgar®
Sleep & Stress Support.

Contains calming L-theanine (an amino acid
commonly found in green tea)*

Also contains a combination of three
naturally-sourced herbs that work together
to support sound sleep*:

Valerian is a plant that is traditionally used
to promote relaxation and helps with
occasional sleeplessness*

Passionflower is a vine
that has been used for
centuries for its
soothing properties*

Hops are flowers
that have a long
history of use
throughout Europe.

*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.

