

Suggested use: 1 to 2 capsules taken at bedtime or as directed by a healthcare professional.

Caution: For relief of occasional sleeplessness only. Do not exceed the recommended dose. This product is not intended for pregnant or nursing mothers, children under the age of 18, or individuals taking any prescription medication including anti-depressants. Avoid driving or performing other potentially dangerous tasks while taking this formula. If you have questions about the advisability of taking this product, consult a physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

****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.**

supplement
spot®

Sleep Well

Supports restful sleep**

For relief of occasional sleeplessness only

Non-GMO Formula
Dietary Supplement
60 Capsules

Supplement Facts

Serving Size 2 Vegetable Capsules
Servings Per Container: 30

Amount Per Serving	% Daily Value
Magnesium (as oxide / citrate)	200 mg 48%
L-Theanine	400 mg *
GABA (gamma-Aminobutyric acid)	100 mg *
Phellodendron Root Powder	100 mg *
<i>Mucuna pruriens</i> (15% extract) (seed)	100 mg *
5-HTP (5 Hydroxytryptophan)	50 mg *
Melatonin	2 mg *

*Daily Value not established.

Other ingredients: Rice powder, vegetable cellulose, vegetable magnesium stearate, silicon dioxide and titanium dioxide.

**KEEP OUT OF THE REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED OR
MISSING. STORE IN A COOL, DRY PLACE.**



5078-HS-SLF02-F-60

FORMULATED IN USA



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Manufactured exclusively for:
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