



MegaFood
Fresh From Farm To Capsule™



Herbal Sleep

Promotes Restful
& Restorative Sleep*



with Valerian, Ashwagandha, Passion Flower & Hops

**HERBAL
DIETARY SUPPLEMENT**

**60
CAPSULES**
**60
SERVINGS**

Supplement Facts

Serving Size 1 Capsule

Servings per Container 60

	Amount per Serving	% DV
Organic Valerian Root Extract 4:1 (<i>Valeriana officinalis</i>)	300 mg	**
Organic Sensoril®† Ashwagandha Root and Leaf Extract (<i>Withania somnifera</i> /10% Withanolides)	125 mg	**
Organic Passion Flower Extract 4:1 (<i>Passiflora incarnata</i>)	80 mg	**
Organic Hops Flower Extract 10:1 (<i>Humulus lupulus</i>)	60 mg	**
** % Daily Value (DV) not established		

Other Ingredients: Maltodextrin, Hypromellose (capsule), Rice Hulls, Rice Extract Blend (rice extract, rice hulls, gum arabic, sunflower oil), Silica, Stearic Acid.

Suggested Use: Take 1 capsule, 1-2 hours before bedtime. May be taken on an empty stomach. Recommended to take for at least one week for best results.

MegaFood Herbal Sleep is formulated to provide a sense of relaxation and restorative sleep.* Valerian and Hops are used to promote restful sleep in those with occasional sleeplessness, while calming Passion Flower and Sensoril® ashwagandha help to release tension.*



DOCTOR FORMULATED

Tieraona Low Dog, M.D., our Chief Medical Advisor, award-winning physician and expert in dietary supplementation, worked with our team to help pair some of her favorite herbs together to promote restful and restorative sleep*

We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. megafood.com/farmers

*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.

If pregnant, nursing, or you have a health condition, consult your healthcare practitioner before taking this product.

† SENSORIL® is a registered trademark of Natreon, Inc.

Made with Love for MegaFood, PO Box 5244,
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