

HTLT  
ESSENTIALS

# SLEEP AID

DIETARY SUPPLEMENTS

90  
capsules

## Supplement Facts

Serving Size 1 Capsule  
Serving Per Container About 90

2 Capsules About 45

3 Capsules About 30

	Amount per serving 1,20		Amount per serving 1,20		Amount per serving 1,20	
Magnesium (as Magnesium Glycinate)	8.7 mg	2%	17.4 mg	4%	26.1 mg	6%
Organic Ashwagandha Powder (Withania somnifera) (root)	100 mg	*	300 mg	*	450 mg	*
Valerian Root Powder (Valeriana officinalis) (Rhizomatous roots)	100 mg	*	300 mg	*	450 mg	*
5-HTP (5-Hydroxytryptophan) (from Griffonia simplicifolia) (seed)	100 mg	*	300 mg	*	300 mg	*
Gamma-Aminobutyric Acid (GABA)	100 mg	*	300 mg	*	300 mg	*
L-Theanine	100 mg	*	300 mg	*	300 mg	*
Lavender Extract (Lavandula officinalis) (seeds)	25 mg	*	50 mg	*	75 mg	*
Lemon Balm Extract (Melissa officinalis) (leaf)	25 mg	*	50 mg	*	75 mg	*
Melatonin	1.5 mg	*	3 mg	*	4.5 mg	*

\*Daily Value not established.

**OTHER INGREDIENTS:** Vegetable Cellulose (capsules),  
Silicon Dioxide, Magnesium Stearate.