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Use only if seal is intact.
Tampers evident.

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Suntheanine®, a patented form of L-Theanine, is a

trademark of Nutra International, Inc.

Can't sleep quickly and naturally, and improve the quality of your sleep with Restful Sleep.† Wake up refreshed, energized and ready to take on the day.†

THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

WHOLE FOODS™

PREMIER FORMULA

Restful Sleep[†]

Relax and Sleep†
Wake Up Refreshed†



DIETARY SUPPLEMENT 30 VEGETARIAN CAPSULES

Directions: Take one capsule 30-60 minutes before bedtime. If additional support is desired, take up to four capsules.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Valerian (<i>Valeriana officinalis</i>) Root Extract standardized to contain 0.8% valerenic acids (1.6 mg)	200 mg •
Passionflower (<i>Passiflora incarnata</i>) Leaf and Flower Extract 4:1	90 mg •
L-Theanine (Suntheanine® brand)	50 mg •
Hops (<i>Humulus lupulus</i>) Flower Extract 5.6:1	30 mg •
Wild Lettuce (<i>Lactuca virosa</i>) Leaf Extract	18 mg •
Jamaica Dogwood (<i>Piccola picepulif</i>) Root Extract	12 mg •
Wild Lettuce (<i>Lactuca virosa</i>) Leaf	10 mg •

*Daily Value not established.

Other ingredients: Vegetable capsule (modified cellulose), magnesium stearate (vegetable source), silicon dioxide.

Produced in a facility that processes tree nuts, milk, egg, wheat, soy, fish, and shellfish ingredients.

Contains no artificial colors, flavors or preservatives.

Caution: If you are pregnant, lactating, or taking prescription drugs, consult your health care practitioner before using this product. May impair your ability to drive or operate heavy equipment. Due to additive sedative effect, avoid using with alcohol.

**KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.**

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