

Restful Night Extended Release™ is complementary to a high-quality multinutrient program such as **Forward Plus Daily Regimen®** and **Forward Gold Daily Regimen®**.†

UNCONDITIONALLY GUARANTEED for purity and potency. Store bottle in a cool, dry place.

Precautions: For adult use only at bedtime. This product is not to be taken by pregnant or lactating women. If you are taking medication or have a medical condition, consult a physician before using this product. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery.

Keep out of reach of children.

PharmaGABA® is a registered trademark of Pharma Foods International Co., Ltd. (Japan)

Due to the nature of these ingredients, color variation may occur.

†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.



Lot No. / Exp. Date



WHITAKER NUTRITION

Restful Night Extended Release™

FOR HELP TO FALL ASLEEP
AND STAY ASLEEP*

Includes L-Theanine,
PharmaGABA®, and 3 mg Melatonin

Dietary Supplement

30 DUAL LAYER TABLETS

Doctor's Suggested Use: Take 1 dual layer tablet 30 minutes before bed.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

Amount Per Serving		% DV
Extended Release Restful Sleep Blend		
L-Theanine	201.5 mg	*
Melatonin	200 mg	*
Instant Release Sleep Induction Blend		
Gamma Amino Butyric Acid (from fermentation)(PharmaGABA®)	1.5 mg	*
Melatonin	101.5 mg	*

*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hypromellose, dicalcium phosphate, stearic acid, croscarmellose sodium, silica, magnesium stearate, vegetable juice (color), glycerin

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www.healthydirections.com



Gluten Free