

Directions: Take at least one capsule daily before bedtime.

Herbal-zzzs provides natural sleep support without the use of melatonin, a hormone. The original intended use for melatonin was to alleviate the effects of jet-lag. The ingredients in Herbal-zzzs have a long history of traditional use for supporting healthy and restful sleep cycles. Use Herbal-zzzs daily and feel the difference a good night's sleep will make in your life.

*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.

Mfd. for North American Herb & Spice
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Herbal-zzzsTM

Melatonin-free

Natural Sleep Support*

60 softgels

Dietary Supplement

Supplement Facts

Serving Size 1 softgel, per container 60	
Amount Per Serving	
Proprietary blend in extra virgin black seed oil 140 mg	
Organic ashwagandha extract	*
Raw, organic CO ₂ -extracted hops	*
Raw, organic CO ₂ -extracted chamomile	*
Magnolia bark extract	*
*Daily value not established	

Other ingredients: Tapioca vegetable gelatin (capsule material)

Non-GMO, soy-free



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