



**SPRING VALLEY**

# Sleep Aid Formula

DIETARY SUPPLEMENT

## SLEEP SUPPORT\*

Promotes relaxation and reduces occasional sleeplessness.  
Melatonin is a naturally occurring compound that is produced by the body and associated with sleep/wake patterns.\*

**30 VEGETARIAN CAPSULES**

\*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.

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### Supplement Facts

Serving Size 1 Vegetarian Capsule  
Servings Per Container 30

Amount Per Serving		% Daily Value
Magnesium (as Magnesium Chelate)	25 mg	6%
L-theanine	100 mg	**
Valerian Extract (Valeriana officinalis, root)	75 mg	**
Chamomile Extract (Matricaria chamomilla, flower)	75 mg	**
Gaba (Gamma Aminobutyric Acid)	50 mg	**
Passion Flower Extract (Passiflora incarnata)	50 mg	**
Lemon Balm (Officinalis) (Melissa officinalis, aerial part)	50 mg	**
Hops Extract (Humulus lupulus, flower)	50 mg	**
Melatonin	10 mg	**

\*\*Daily Value not established.

**OTHER INGREDIENTS:** Vegetarian Capsule (Hypromellose), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide, Maltodextrin.

**DISTRIBUTED BY:**  
Wal-Mart Stores, Inc., Bentonville, AR 72716

**SUGGESTED USE:** Adults, take one capsule daily, preferably with a meal.

**NO** Gluten, Dairy, Sweetener, Artificial Colors or Flavors, Preservatives

**WARNING:** Melatonin causes sleepiness and drowsiness, recommend to use 30 minutes before bed; if not, will affect daily work / activity, do not use when operating vehicles / machines. Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their doctor before using this product. Discontinue use and consult your doctor if any adverse reactions occur.

**KEEP OUT OF REACH OF CHILDREN.**  
Store at room temperature 59° - 86°F (15° - 30°C).  
Keep bottle tightly closed.

**FOR YOUR PROTECTION, DO NOT USE IF PRINTED SEAL UNDER CAP IS BROKEN OR MISSING.**

**QUALITY GUARANTEED**  
For questions or comments call 1-800-368-1662  
Walmart.com/springvalley

FRESHNESS AND POTENCY GUARANTEED THROUGH:

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