SUGGESTED USE: As a dietary supplement take two (2) veggie capsules once a day. For best results take 20-30 min before bedtime with an 8oz. glass of water or as directed by your healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. KEEP OUT THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS X001G98

DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

* 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 # and Expiration Date Printed on bottom of Bottle

V3R0





With Melatonin and Valerian All Natural Sleep Formula* Wake Up and Feel Refreshed*





Supplement Facts

Serving Size: 2 Veggie Capsules Servings Per Container: 30

Amount Per Serving		%DV
Calcium Carbonate	45 mg	5%
Vitamin B6	1.8 mg	90%
Magnesium Citrate	90 mg	23%
Sleep Formula Proprietary Blend:	1071 mg	**

L-Tryptophan, Valerian, Goji (Wolfberry), Chamomile, Lemon Balm, Passion Fruit, L-Taurine, Hops, St. John's Wort, Gaba, Skullcap, L-Theanine, Ashwagandha, Inositol, 5-HTP, Melatonin.

Inactive Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Magnesium Stearate (vegetable), Silicon Dioxide.

DIETARY SUPPLEMENT







^{**} Daily Value (DV) not established