



mommy's
BLISS®

kids
sleep
chewable

melatonin + magnesium

with calming herbs to support
your child's natural sleep process*

natural grape flavor  sugar-free 

35 CHEWABLE
TABLETS

DIETARY
SUPPLEMENT

KIDS 3 YRS+

7 Tips to Achieve Bedtime Bliss

As a mom, I know that things can happen to disrupt even the best sleeper—traveling and jet lag, a bout of sickness, or a new nighttime anxiety. Used occasionally, in conjunction with a sleep routine, our sleep products may help get things back on track.* I have compiled a bedtime routine checklist so that your little one can return to bedtime bliss.

- Plenty of sunshine and physical activity during the day
- Belly full of nutritious foods (low in sugar) 1-2 hours before bedtime
- Warm, soothing bath
- Story time, not screen time
- Bedroom comfort is key: 65-68° F, blackout curtains, sound machine
- Middle of the night wake-up plan: talk with your child about the plan if they wake up
- Stick to the routine!

Wishing you and your little one a blissful night,


Yasmin Kaderali
Mom & CEO



bliss for every baby

As moms, we know how much a helping hand is worth, and your purchase supports improving the health of 20,000+ children around the globe. Learn more at:
www.mommysbliss.com/foundation

Women
Owned
and Led

kids sleep chewable

contains a proprietary blend of melatonin, magnesium, organic chamomile, lemon balm, and passionflower to promote restful sleep and bring bliss back to bedtime.*



NON-HABIT
FORMING



NO ARTIFICIAL
FLAVORS OR
COLORS



NO SUGAR



NO DRUGS

with **BEDTIME BLISS BLEND**
by Mommy's Bliss

our proprietary blend of organic
herbs: chamomile, lemon balm, and
passionflower extracts, designed
to promote restfulness*

free of
THE TOP 8
ALLERGENS

- | | |
|---|---|
| ☒ Peanuts | ☒ Fish |
| ☒ Wheat | ☒ Shellfish |
| ☒ Eggs | ☒ Tree Nuts |
| ☒ Milk | ☒ Soy |

directions

Take 30-60 minutes before bedtime, chewing until fully dissolved. For short-term use only. Consult your pediatrician before use.

RECOMMENDED USE:

Start with 1 tablet, increasing to age adjusted maximum if needed.

3 through 5 years	1 tablet
6 through 12 years	2 tablets
13 years and up	3 tablets

Supplement Facts

Serving Size: 1 tablet
Servings Per Container: 35

Amount Per Serving	% Daily Value		
	Children** through 3 years of age	Adults & Children*** 4 years & older	
Magnesium (as magnesium oxide)	42 mg	53%	10%
Melatonin	1 mg	†	†
Bedtime Bliss Blend™	6 mg	†	†
organic Chamomile flower (<i>Matricaria recutita</i>), organic Passionflower aerial parts including leaf (<i>Passiflora incarnata</i>), and organic Lemon balm aerial parts including leaf (<i>Melissa officinalis</i>)			

**Percent Daily Values based on a 1,000 calorie diet.

***Percent Daily Values based on a 2,000 calorie diet.

†Daily Value not established.

OTHER INGREDIENTS: Xylitol, Natural Grape Flavor, Citric Acid, Cellulose, Vegetable Extract Color, Stearic Acid (Vegetarian), Organic Stevia Leaf Extract, Natural Vanilla Flavor, Salt.

Manufactured exclusively for MOM Enterprises, Inc.
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mommysbliss.com

CAUTION: May cause drowsiness. Keep out of reach of children.

STORAGE: Store in a cool dry place.

*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.



PLEASE
RECYCLE

All packaging is free of BPA, PVC, and phthalates. 100% recycled paperboard with a minimum of 50% post-consumer waste. Printed with vegetable-based ink.



See all of our health and wellness products at
www.mommysbliss.com