

WARNING: Do not use if you are pregnant, attempting to become pregnant, nursing, or if you have or are being treated for depression or dementia. If you are being treated for diabetes, autoimmune, endocrine, blood clotting, or seizure disorders, or if you are taking any medications, consult a healthcare professional before use. This product may cause drowsiness, do not drive, or operate machinery while taking this product. Avoid alcohol and other sedatives while taking this product. If you are experiencing long-term sleep difficulties, consult a healthcare professional.

Keep out of reach of children. Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

GLUTEN FREE. No yeast-derived ingredients, wheat, soy, gelatin, dairy, egg, or peanut.

Sensoril® is a registered trademark of Natreon, Inc. and is protected under U.S. Patent No. 7,318,938.

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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

†Ashwagandha has been shown to reduce perceived stress with ongoing use, and magnesium supports muscle relaxation.*



SLEEP WELL

3 IN 1 SUPPORT

- ✓ **Fall asleep faster***
- ✓ **Stay asleep longer***
- ✓ **Relaxes mind & body**†**

MELATONIN, MAGNESIUM & ASHWAGANDHA

DIETARY SUPPLEMENT | 60 GUMMIES | BERRY FLAVORED

RECOMMENDATION: Adults chew two gummies 30-60 minutes before bed. Not formulated for children. Take only as directed. Do not exceed recommended dose.

Supplement Facts

Serving Size 2 Gummies / Servings per Container 30

Amount per Serving		% DV
Calories	20	
Total Carbohydrate	5 g	2%†
Total Sugars	3 g	**
Includes 3 g Added Sugars		6%†
Magnesium (as magnesium citrate)	84 mg	20%
Sodium	10 mg	<1%
Ashwagandha (Sensoril® brand) Root and Leaf Extract	125 mg	**
Melatonin	5 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: glucose syrup, cane sugar, purified water, natural flavors, citric acid, pectin, sodium citrate, vegetable and fruit juice color, coconut oil, beeswax