

Good Day Starts with a Good Night.

When stress occasionally keeps you awake at night, unwind with Sleep Tonight™ stress-reducing formula, and get on edge on the day tomorrow!*

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

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

Suntheanine® is a registered trademark of Taiyo International, Inc.

GLUTEN FREE. No yeast-derived ingredients, wheat, or dairy.

LS00458.C02 BLK45C

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE /
naturesway.com



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

Sleep tonight™

STRESS-REDUCING SLEEP AID*

Dietary Supplement 28 TABLETS

Recommendation: Adults, take 1 tablet before bedtime or as recommended by a healthcare professional. For nightly use. **Warning:** Do not use if you are pregnant. If you are nursing, diabetic, or taking any medications, consult a healthcare professional before use.

Supplement Facts	
Serving Size 1 Tablet	
Amount per Serving	% DV
Total Carbohydrate	<1 g <1%*
Stress-Reducing Proprietary Blend: ashwagandha (Sensoril® brand) root and leaf extract, L-Theanine (Suntheanine®)	250 mg **
Cortisol-Reducing Proprietary Blend: magnolia bark extract standardized to 2% honokiol (3 mg) and 1% magnolol (1.5 mg), epimedum aerial parts extract	225 mg **
Phosphatidylserine (from soybean lecithin)	50 mg **
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
**Daily Value not established.	

Other ingredients: cellulose, sodium croscarmellose, hypromellose, stearic acid, calcium silicate, magnesium stearate, silica, titanium dioxide color, glycerin
Contains soy.



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Sleep tonight™

Sleep Tonight for a focused tomorrow.

This formula helps reduce stress for a better night's rest.*

Sleep Tonight is formulated to balance stress hormones like cortisol.* This gentle formula contains stress-reducing botanicals, and phosphatidylserine, which together help support a healthy endocrine response to mental stress.*

Greet tomorrow refreshed and focused to take on the day.



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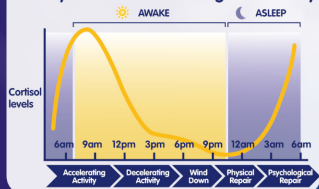
A Good Day Starts with a Good Night.

When stress occasionally keeps you awake at night, wind down with Sleep Tonight™ formula, and get on edge on the day tomorrow!*

Everyday stressors cause stress hormones in your body to become elevated. Sleep Tonight helps activate your body's relaxation response to return stress hormones to healthy levels—both night and day.*

Variations of cortisol secretion can be an indicator of how well a body is coping with stress. As illustrated in the chart below, cortisol production is generally at its peak in the early hours of the morning and then gradually declines over the course of the day. Sleep Tonight is formulated to support a balanced cortisol response to stress.*

Healthy Cortisol Levels Throughout the Day



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STRESS-REDUCING SLEEP AID*

Helps reduce stress for a better night's sleep*

Dietary Supplement 28 TABLETS

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