

Directions: As a dietary supplement, take one capsule 30 to 60 minutes before bedtime or as directed by a healthcare practitioner.

Bluebonnet's Targeted Choice® Sleep Support Capsules are specially formulated with a unique blend of whole food nutrients, amino acids and herbal extracts to help promote restful sleep for those affected by occasional sleeplessness. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.♦

Bluebonnet's KOF-K Certification #K-0000700

Targeted Choice® is a registered trademark of Bluebonnet Nutrition Corp.

VitaCherry® is a registered trademark of FutureCeuticals.

CAUTION: Do not use this product if you are pregnant, trying to conceive or breastfeeding. Discontinue use two weeks prior and following surgery. If taking prescription medication, speak to your physician before use. Residual drowsiness may occur, so refrain from operating machinery or driving a vehicle when taking this product.

Manufactured by
Bluebonnet Nutrition Corporation
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VitaCherry®

Bluebonnet

TARGETED CHOICE®
SLEEP
support♦

Rest & Relax
Whole Food-Based
Formula♦



Dietary Supplement

60 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Valerian Root Extract (<i>Valeriana officinalis</i> L.)	200 mg	*
L-Theanine (free-form)	100 mg	*
Tart Cherry Fruit Extract (<i>Prunus cerasus</i>) [supplying naturally occurring flavonoids including anthocyanins]	100 mg	*
Passion Flower Whole Herb Extract (<i>Passiflora incarnata</i> L.)	75 mg	*
5-Hydroxytryptophan (5-HTP) (from <i>Griffonia simplicifolia</i> seed extract)	50 mg	*
Chamomile Flower Powder (<i>Matricaria chamomilla</i>)	50 mg	*

*Daily Value not established.

Other ingredients: Kosher Vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barely, rice, sodium and sugar.

♦ 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.