

PharmaGABA™ is a trademark of Pharma Foods International Co., Ltd.

Does not contain gluten.

† 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.



INSM60-PL-2



return**HEALTHY**
empowered wellness

SLEEP support†



Dietary Supplement
60 Vegetarian Capsules

Supplement Facts

Serving Size 2 capsules

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin B-6 (as Pyridoxal-5-Phosphate)	10 mg	500%
Valerian (<i>Valeriana officinalis</i>)(root) [standardized to contain 0.8% valerenic acid]	400 mg	*
Passion Flower (<i>Passiflora incarnata</i>) (flower) [standardized to contain 3.5% flavonoids]	200 mg	*
Lemon Balm (<i>Melissa officinalis</i>)(leaves) [standardized to contain 3% rosmarinic acid]	200 mg	*
Chamomile (<i>Matricaria chamomilla</i>)(flower)	200 mg	*
gamma-Aminobutyric acid (as PharmaGABA™)	100 mg	*
L-Theanine	100 mg	*
5-HTP (5-Hydroxytryptophan)	100 mg	*
Melatonin	3 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (capsule), vegetable stearate, silicon dioxide.

Recommended Use: As a dietary supplement, take two capsules per day 30-60 minutes before bedtime, or as directed by your health care practitioner.

Notice: Color, size or shape may appear different between lots.

**STORE AT ROOM TEMPERATURE.
KEEP OUT OF REACH OF CHILDREN.**

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