SUGGESTED USE: 1 to 2 capsules taken at bedtime or as directed by a healthcare professional.

CAUTION: For relief of occasional sleeplessness only. Do not exceed the recommended dose. This product is not intended for pregnant or nursing mothers, children under the age of 18, or individuals taking any prescription medication including anti-depressants. Avoid driving or performing other potentially dangerous tasks while taking this formula. If you have questions about the advisability of taking this product, consult a physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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.





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LEAN DREAM

Supports relief of occasional sleeplessness only





60 CAPSULES | DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Vegetable Capsules Servings Per Container: 30

Amount Per Serving	%Daily \	/alue
Magnesium (oxide / citrate)	200 mg	50%
L-Theanine	400 mg	*
GABA (gamma-Aminobutyric ac	id)100 mg	*
Phellodendron Root Powder	100 mg	*
Mucuna pruriens	100 mg	*
(15% extract) (seed)		
5-HTP (5 Hydroxytryptophan)	50 mg	*
Melatonin	2 mg	*

Other ingredients: Rice powder, vegetable cellulose, vegetable magnesium stearate, silicon dioxide and titanium dioxide.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.





4366-HS-SLF02-60

Recycle