

Warning: Do not exceed recommended dose. Do not take if pregnant, nursing, or under 18 years old. If you have a medical condition, consult your physician before use. Do not use if safety seal is broken or missing. Store in a cool dry place. Keep out of reach of children.

NO ARTIFICIAL FLAVORS
PRESERVATIVES
ANIMAL PRODUCTS



**FULL TRANSPARENCY
FORMULA**

SUGGESTED USE:
TO SUPPORT
SLEEP

TAKE 2 CAPSULES WITH WATER
**30 MINUTES
BEFORE BEDTIME.**

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SLEEP WELL

HERBAL SLEEP AID*



DIETARY
SUPPLEMENT

60

VEGETARIAN
CAPSULES

RELAX* REST* REFRESH*

SUPPLEMENT FACTS

Serving Size: 2 Vegetarian Capsules

Servings Per Container: 30

	Amount Per Serving	%DV*
Magnesium (as Magnesium Bisglycinate)	10 mg	2%
Lemon Balm (Melissa officinalis) Whole Leaf Extract	250 mg	**
L-Theanine	200 mg	**
Chamomile (Matricaria recutita) Flower Extract	150 mg	**
Valerian (Valeriana officinalis L.) (Deodorized) Root Extract	150 mg	**
Passionflower (Passiflora incarnata) Flower Extract	100 mg	**
5-HTP (5-Hydroxytryptophan) (HTPurity™)	50 mg	**
GABA (gamma-Aminobutyric acid)	50 mg	**
Melatonin	3 mg	**

*Percent Daily Value based on a 2,000 calorie diet.

**%Daily Value (DV) not established.

Other Ingredients: Hydroxypropyl Methylcellulose, Magnesium Stearate.

*Disclaimer: 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.

Made with eco friendly manufacturing in an FDA registered facility. Manufactured in a facility and equipment that handles: Eggs, Wheat, Milk, Tree Nuts, Peanuts, Soybeans, Crustacean Shellfish, and Fish.

RELAX INTO DEEP RESTFUL SLEEP FAST
AND WAKE UP FEELING REFRESHED*