

FALL ASLEEP & STAY ASLEEP*

WAKE UP FEELING REFRESHED*



10MG
MELATONIN

TRIPLE
ACTION
SLEEP

Tri-Layer
Sleep

1 CALMING EFFECT
With L-Theanine & Nighttime Herbal Blend*

2 FALL ASLEEP FASTER
With Quick Release Melatonin*

3 LONG LASTING SLEEP
With Time Release Melatonin*

30 Tri-Layered
Tablets



NOT
A TOTAL 30

DIETARY SUPPLEMENT



DIRECTIONS: For adults, take one (1) tablet
30 minutes before bedtime.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
L-Theanine 200 mg	400%
Nighttime Herbal Blend 50 mg	100%
Chamomile Extract (Matricaria recutita) (flower), Lavender Extract (Lavandula officinalis) (petals), Lemon Balm Extract (Melissa officinalis) (leaf), Valerian Root Extract (Valeriana officinalis) (root)	
Melatonin 10 mg	200%

*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Hydroxypropyl Methylcellulose, Croscarmellose, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silica, Vegetable Juice Color, Vegetable Glycerin.

For occasional sleeplessness*

Puritan's Pride Tri-Layer Sleep is a triple action, 100% drug-free sleep aid.* Each tablet leverages time-release technology to dissolve each layer at different times throughout the night to help you relax and get a good night's sleep so you can wake up ready to take on the day.*

Melatonin plays a vital role in the maintenance of circadian rhythm "sleep-wake cycle", sleep induction and sleep duration.*

L-Theanine interacts with the neurotransmitter GABA, to support a calm and relaxed mood.* Our proprietary Nighttime Herbal Blend includes Chamomile, Lavender, Lemon Balm and Valerian Root extracts.

TO ORDER FROM A 2022

www.puritan.com
1-800-445-1000

Manufactured by
PURITAN PRIDE, INC.
Newburgh, NY 12550
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Dietary Supplement



Puritan's Pride® products are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality products money can buy. When it comes to your health...choose the best.

3 Benefits in One Pill



Benefit 1

Calming L-Theanine combined with a blend of nighttime herbs chamomile, lavender, lemon balm and valerian root extracts to help you relax and unwind.*

Benefit 2

Quick release melatonin helps you fall asleep fast.*

Benefit 3

Time release melatonin works with your body's natural sleep cycle to help you stay asleep.*

No Artificial Flavors, No Artificial Sweeteners, No Sugar, No Gluten, No MSG, No Carbs, No Soy, No Gels, No Wheat, No Yeast, No Fish, Sodium Free, Suitable for Vegetarians.

Warnings: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid the product if you are allergic to any of the ingredients. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. 30,000 mg. Puritan's Pride, Inc. 12550.

*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.