

CAPSULE SIZE

Made in the USA



CODE 4768T V3

*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.

Caution: Do not drive or operate machinery after taking this product. The ingredients in this product may interact with alcohol, sedatives, and tranquilizers. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

SUGGESTED USAGE: As a dietary supplement for adults, take 1-2 capsules one hour before bedtime as needed.

NOW® Sleep is a combination of ingredients formulated to help you ease your mind and relax your body so you can drift naturally off into a restful sleep. NOW® Sleep features Standardized Valerian Extract and Hops that have been traditionally used to promote a calm relaxed state and support rejuvenating sleep. GABA is a neurotransmitter normally produced in the brain and is known to ease nervous tension. NOW® Sleep thus relaxes the nervous system to help you enjoy a tranquil night and wake up refreshed and energized in the morning.*



ZZZ Sleep ZZZZ

BOTANICAL SLEEP BLEND

Valerian Root Extract

- Plus Hops, Passionflower and GABA
 - Supports Restful Sleep*
- ## 90 Veg Capsules

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 2 Veg Capsules

Servings Per Container 45

	Amount Per Serving	% Daily Value
Vitamin C (from Ascorbyl Palmitate)	4 mg	7%
Valerian Root Extract (min. 0.6% Valerenic Acids)	600 mg	†
Hops (4:1 Concentrate) (Strobiles)	300 mg	†
Passionflower Extract (Aerial Parts) (min. 3.5% total flavonoids as Vitexin and Isovitexin)	200 mg	†
GABA (Gamma Aminobutyric Acid)	200 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule) and Silica.

Manufactured by NOW FOODS

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For more product information visit www.nowfoods.com/4768

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place after opening. Please Recycle.