

SUGGESTED USE: TAKE 1 CAPSULE NIGHTLY
WITHIN AN HOUR BEFORE BEDTIME.
FOR BEST RESULTS, ALLOW FOR AT LEAST
6 HOURS OF SLEEP.

Certified Gluten-Free by NSF; 100% vegetarian;
no artificial flavors or colors.

Please refer to newchapter.com for more information about this
product and its benefits.

Caution: As with any dietary supplement, you should advise your
healthcare professional of the use of this product if you have a medical
condition or are taking medication. If you are nursing, pregnant, or
considering pregnancy, consult your healthcare professional prior to
using this product. If you are experiencing long-term sleep difficulties,
or if you are taking sedatives, tranquilizers or any other sleep aid,
consult your healthcare professional prior to using this product.
Discontinue use and contact your healthcare professional if you
experience a side effect or an allergic reaction. Do not drive, operate
machinery or drink alcohol when taking this product. Do not exceed
suggested use. **Keep out of reach of children.**

***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.**

THE NEW CHAPTER® MONEY-BACK GUARANTEE

We proudly stand behind every product we make. However, if you are not satisfied,
please visit www.newchapter.com/guarantee for refund details.

PLEASE RECYCLE THIS BOTTLE AFTER USE.
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**NEW
CHAPTER®**

EST. 1982

**RESTFUL SLEEP
AND PAIN RELIEF[†]**
MELATONIN & GINGER

POTENT HERBAL PAIN RELIEF[†]

Restorative Sleep plus Pain Relief*[†]

[†] Occasional pain following exercise



DIETARY SUPPLEMENT

Supplement Facts

Serving size 1 Capsule

Amount per serving		%DV
Melatonin	1 mg	•
Ginger (<i>Zingiber officinale</i>) (rhizome) 54 mg organic supercritical extract and 46 mg aqueous extract	100 mg	•
Sleep Blend Valerian (root) organic hydroethanolic extract and supercritical extract, Sour Cherry (fruit), Organic Passionflower (aerial parts) hydroethanolic extract	20 mg	•
Healthy Inflammation Blend Turmeric (rhizome) aqueous extract and organic supercritical extract, Cinnamon (bark) hydroethanolic extract and supercritical extract, Rosemary (leaf) supercritical extract and hydroethanolic extract	15 mg	•
• Daily Value (DV) not established		

Other ingredients: Extra-virgin olive oil, hypromellose (capsule), organic yellow beeswax and candelilla wax.

Distributed by New Chapter, Inc., 90 Technology Drive, Brattleboro, VT 05301 USA
For questions or comments call 888-874-4461
Manufactured in the US from Globally Sourced Ingredients.

6mm
2D code

1mm margin