

Supplement Facts

Serving size: 1 capsule

Servings per container: 90

	Amount per Serving	% DV*
Vitamin C (from acerola cherry)	3 mg	3%
Niacin (from niacinamide)	18 mg	112%
Calcium (from calcium lactate)	7 mg	<1%
Magnesium (from magnesium citrate)	8 mg	2%
Fat root extract (24:1)	119 mg	**
L-theanine	100 mg	**
Tryptophan	100 mg	**
Glycine	25 mg	**
DMAE (dimethylaminoethanol, from DMAE bitartrate)	25 mg	**
GABA (gamma-aminobutyric acid)	25 mg	**
Rehmannia root powder (Rehmannia glutinosa)	25 mg	**
L-glutamine	25 mg	**
Choline (from choline bitartrate)	4 mg	**
Adrenal substance (suprarenal, bovine)	10 mg	**
Adrenal pituitary substance (bovine)	500 mcg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Gelatin capsules, magnesium stearate (vegetable source)



Dr. Berg

THE KNOWLEDGE DOC™

DIETARY SUPPLEMENT

SLEEP AID REGULAR FORMULA

NON-VEGAN (CONTAINS GLANDULARS)

Supports healthy sleep cycles†

90

CAPSULES

SUGGESTED USE: As a dietary supplement take 1 capsule before bed.

CAUTION: Do not exceed 3 capsules before bed. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

†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.

Developed and distributed by Dr. Eric Berg DC

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Dr. Berg Nutritionals

4501 Ford Avenue, Alexandria, VA 22302

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.



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