

Attaining restful and sustained sleep is fundamental to health and well-being. Unfortunately, our busy and demanding lifestyles do not always allow for adequate sleep, which over time can have deleterious effects on our health and sense of well-being.

Melatonin plus 5-HTP & Rhodiola is an advanced and targeted sleep formula designed to help you get over your temporary sleep obstacles, tonight!*

This integrated formula uses the perfect combination of Melatonin and L-Theanine to promote a restful sleep, plus it includes botanicals traditionally used in sleep aid and relaxing formulas such as Rhodiola, Passionflower, Lemon Balm, and Chamomile, along with 5-HTP.

Use this product for occasional sleeplessness or on a daily basis to promote relaxation before bedtime.

What makes us different:

Liquid Soft-Gels - The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and offer no nutritional value. Advanced Liquid Soft-Gels provide an optimum delivery system.

Quality Assurance - Irwin Naturals® is committed to providing the highest quality products for your health. We employ compliance testing to ensure purity and potency.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Global Responsibility - Over the years we have donated to organizations that support the environment and the health of our children.



Patented BioPerine® - Our special BioPerine Complex enhances the bioavailability, absorption and potency of many nutrients.

Usage Warnings: Do not use if safety seal is broken. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Check with your doctor before using this product if you are using medication, including anti-depressants and pain medication or have any medical conditions, including digestive disorders. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

QUESTIONS: Contact Consumer Affairs
1-800-297-3273 • Weekdays 8:00 AM to 5:00 PM (PST)
Questions@IrwinNaturals.com

DISTRIBUTED, FORMULATED and QUALITY TESTED by
Irwin Naturals® 5310 Beethoven Street • Los Angeles, CA 90066

www.IrwinNaturals.com



Highly Specialized Products:
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SLEEP • CALM • RELAX

Melatonin plus 5-HTP & Rhodiola



The Perfect Combination
of Melatonin and L-Theanine for
Sleep & Relaxation*

54 LIQUID SOFT-GELS

DIETARY SUPPLEMENT

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take three (3) Liquid Soft-Gels with a glass (8oz) of water 30 minutes before bedtime to promote a restful sleep.

Supplement Facts

Serving Size: 3 Liquid Soft-Gels

Servings per Container: 18

	Amount per Serving	%Daily Value
Calories	30	
Total Fat	1.5 g	2%**
Total Carbohydrates	1 g	<1%**
Protein	1 g	
Vitamin D3 (as Cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	10 mg	568%
Magnesium (as Magnesium Citrate)	100 mg	24%
Flaxseed Oil (seed)	1650 mg	†
Chamomile extract (4:1)(flower)	150 mg	†
L-Theanine	100 mg	†
Passionflower extract (4:1)(flower)	100 mg	†
Rhodiola (Rhodiola rosea) extract (3% rosavins, 3 mg, 1% salidroside, 1 mg)(root)	100 mg	†
Ashwagandha powder (root)	50 mg	†
5-HTP (Griffonia simplicifolia) (seed)	50 mg	†
Lemon Balm extract (10:1)(aerial)	50 mg	†
Melatonin	3 mg	†
BioPerine Complex	6 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

**% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, annatto (color), beeswax, soy lecithin, maltodextrin, silicon dioxide and titanium dioxide (color).

Contains: Soy

® BioPERINE® is a registered trademark of Sabinsa Corporation.

No preservatives added.