

**STORE IN A COOL, DRY PLACE.**

**Recommendations:** As a dietary supplement, take 2 capsules 30–60 minutes before bedtime.

**Warning:** see side panel

**Keep out of the reach of children.**

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Certified Gluten-Free by the Gluten-Free Certification Organization, [www.gluten.org](http://www.gluten.org)

Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.



# Best-Rest Formula

*Promotes restful sleep\**

Gluten-free, Non-GMO  
& Hypoallergenic

**Dietary Supplement**

**120 CAPSULES**

## Supplement Facts

Serving size 2 capsules

Servings per container 60

	Amount Per Serving	%DV
Vitamin B <sub>5</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	3.3 mg	194%
Melatonin	1 mg	*
GABA (gamma-aminobutyric acid)	300 mg	*
L-Theanine	50 mg	*
Valerian ( <i>Valeriana officinalis</i> ) extract (root) (standardized to contain 0.8% valerenic acids)	400 mg	*
Lemon balm ( <i>Melissa officinalis</i> ) extract (leaf) (standardized to contain 5% rosmarinic acid)	150 mg	*
Hops ( <i>Humulus lupulus</i> ) extract (aerial parts)	150 mg	*
Passionflower ( <i>Passiflora incarnata</i> ) extract (aerial parts) (standardized to contain 3.5% vitexins)	100 mg	*
Chamomile ( <i>Matricaria recutita</i> ) extract (flower)	100 mg	*

\* Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), gum arabic, maltodextrin, ascorbyl palmitate, silica  
Natural color variations can occur. Product can range from grey to light brown.

**Warning:** Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

**\*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.**

manufactured by: **Pure Encapsulations**  
490 Boston Post Road, Sudbury, MA

1-800-753-2277 [www.PureEncapsulations.com](http://www.PureEncapsulations.com)

V7

code: **BRF1**