

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

SUGGESTED USE: Adults take one serving (2 tablets) on an empty stomach 30-60 min before bedtime. For best results, avoid taking with dairy or other calcium containing foods or supplements. DO NOT EXCEED (2) TABLETS PER DAY.

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

WARNING: For adult use only at bedtime. This product is not to be taken by pregnant or lactating women. If you are taking medication or have a medical condition, consult a physician before using this product. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Discontinue use 2 weeks prior to surgery.

*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.



ZERO
ARTIFICIAL CHEMICALS
OR PRESERVATIVES



WELLNESS SLEEP-AID*
WITH MELATONIN & VALERIAN ROOT

60 Tablets
Dietary Supplement

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	15 mg	136%
Chromium (as Chromium Picolinate)	100 mcg	286%
Gymnema (<i>Gymnema sylvestre</i>) (Leaf)	200 mg	**
Gamma-Aminobutyric Acid (GABA)	150 mg	**
Cassia Cinnamon (<i>Cinnamomum cassia</i>)(Bark)	125 mg	**
L-Tryptophan	100 mg	**
Garcinia 4:1 Extract (<i>Garcinia cambogia</i>)(Fruit) (equivalent to 350 mg of Garcinia Fruit)	87.5 mg	**
Dandelion 4:1 Extract (<i>Taraxacum officinale</i>)(Root) (equivalent to 350 mg of Dandelion Root)	87.5 mg	**
Valerian 4:1 Extract (<i>Valeriana officinalis</i>)(Root) (equivalent to 300 mg of Valerian Root)	75 mg	**
InnoBio® Safflower Seed Oil Powder (60% Conjugated Linoleic Acid (CLA))	50 mg	**
Raspberry Ketone	30 mg	**
Melatonin	4 mg	**

**Daily Value (DV) not established.

Other Ingredients: Dicalcium Phosphate, Silicon Dioxide, Stearic Acid, Croscarmellose Sodium, Microcrystalline Cellulose, Magnesium Stearate, Hypromellose, Polyethylene Glycol.

Allergen: Contains Milk.

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