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Benesom® is formulated to promote a restful, relaxed state and relieve occasional sleeplessness by beneficially modulating the metabolism of melatonin and promoting relaxation.*

Directions: Take 1-2 tablets approximately 30 minutes prior to sleep or as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

Warning: Do not use if pregnant or nursing.

Caution: For adult use only. Avoid use with history of seizures or depression, if taking benzodiazepines or sedating medications, or if consuming alcohol. If taking medications, including anticoagulants, or experiencing long term sleep difficulties, consult your healthcare practitioner before use. Use with caution if driving or operating machinery. Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place.



*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.



Benesom®

Relief for occasional sleeplessness*

DIETARY
SUPPLEMENT

60 TABLETS

PRACTITIONER EXCLUSIVE

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving		% Daily Value
Calcium (as calcium lactate)	70 mg	5%
Magnesium (as magnesium citrate)	140 mg	33%
Chinese Skullcap (<i>Scutellaria baicalensis</i>) Root Extract [standardized to 30% (120 mg) flavones]	400 mg	*
Passionflower (<i>Passiflora incarnata</i> L.) Flower Extract [standardized to 1.6% (3.2 mg) flavonoids]	200 mg	*
Melissa Lemon Balm (<i>Melissa officinalis</i> L.) Leaf Extract [standardized to 3% (4.5 mg) rosmarinic acid]	150 mg	*
Valerian (<i>Valeriana officinalis</i> L.) Root Extract [standardized to 0.8% (0.8 mg) valerenic acid]	100 mg	*
Hops (<i>Humulus lupulus</i> L.) Cone 7.5:1 Extract	50 mg	*
Melatonin	3 mg	*

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

MANUFACTURED BY: METAGENICS
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