

SOURCE NATURALS®

**BIO™
ALIGN**

DIETARY SUPPLEMENT

NIGHTREST™

WITH MELATONIN

MULTI-NUTRIENT & HERB COMPLEX

50 TABLETS

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 25

	Amount Per Serving	%DV
Calories	5	
Magnesium (as magnesium chelate)	300 mg	75%
Sodium	5 mg	<1%
GABA (<i>gamma</i> -aminobutyric acid)	500 mg	†
Taurine	300 mg	†
Glycine	250 mg	†
Chamomile Flower Extract (4:1)	220 mg	†
Lemon Balm Aerial Parts Extract (4:1)	140 mg	†
Skullcap Aerial Parts	70 mg	†
Melatonin	5 mg	†

†Daily Value not established.

Other ingredients: stearic acid, modified cellulose gum, dibasic calcium phosphate, acacia gum, colloidal silicon dioxide, and magnesium stearate.

Suggested Use: 1 to 2 tablets as desired 30 to 60 minutes before going to sleep. Do not exceed directed use.

NIGHTREST™ combines the powerful properties of melatonin and GABA with key amino acids and soothing herbs. This uniquely comprehensive combination utilizes cutting edge technology and traditional herbalism to create a potent and relaxing nighttime formula.*

WARNING: USE ONLY AT BEDTIME. For adult use only. Not for use by children, teenagers, or women who are pregnant, may become pregnant, or breastfeeding. If you are under medical supervision, or have an autoimmune disease, diabetes, a depressive disorder, a thyroid condition, epilepsy, leukemia, or a lymphoproliferative disorder, or are taking MAO inhibitor drugs or corticosteroids such as cortisone or prednisone, consult your physician before using this product.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

*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.

Manufactured for:
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