

Directions: Take one or more softgels daily before bedtime.

Restful Sleep provides natural sleep support without the use of melatonin, a hormone.* The original intended use for melatonin was to alleviate the effects of jet-lag. The ingredients in Restful Sleep have a long history of traditional use for supporting healthy and restful sleep cycles.* Use Restful Sleep daily and feel the difference a good night's sleep will make in your life.

*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.



100% HERBAL COMPOUND

Restful Sleep

Melatonin-Free

60 softgels

Dietary Supplement

DOCTOR'S FORMULA

Supplement Facts

Serving Size 1 softgel, per container 60

Amount Per Serving	% Daily Value
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Proprietary blend in extra virgin black seed oil 140 mg	
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Organic ashwagandha extract	*
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Raw, organic CO ₂ -extracted hops	*
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Raw, organic CO ₂ -extracted chamomile	*
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Magnolia bark extract	*
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*Daily value not established

Other ingredients: Tapioca vegetable gelatin (capsule material) **Non-GMO, soy-free**

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