

**SUGGESTED USE:** Take 1 to 2 capsules with water immediately before you go to sleep.

**CAUTION:** For relief of occasional sleeplessness only. Do not exceed recommended dose. This product is not intended for pregnant or nursing mothers, children under the age of 18, or individuals taking any prescription medication including anti-depressants. Avoid driving or performing other potentially dangerous tasks while taking formula. If you have questions about the advisability of taking this product, consult a physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

Results may vary and are not guaranteed.

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

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# SLEEP TIGHT

**TAKE BEFORE BED FOR RELIEF  
OF OCCASIONAL SLEEPLESSNESS**



**30 CAPSULES**  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Vegetable Capsule

Servings Per Container: 30

|                                                                                                                                                              | Amount Per Serving | % DV |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|------|
| Magnesium<br>(as magnesium oxide/<br>magnesium citrate)                                                                                                      | 100 mg             | 24%  |
| <b>Proprietary Blend</b>                                                                                                                                     | 376 mg             | *    |
| L-Theanine, GABA (gamma-Aminobutyric Acid),<br>Phellodendron Root Powder, Mucuna pruriens<br>(15% extract) (seed), 5-HTP<br>(5-Hydroxytryptophan), Melatonin |                    |      |
| *Daily Value (DV) not established                                                                                                                            |                    |      |

**Other Ingredients:** Rice powder, vegetable cellulose, vegetable magnesium stearate, silicon dioxide, and titanium dioxide

\* Contains natural and synthetic/artificial ingredients.

**Non GMO Vegan Formula**

Distributed by: Rise-N-Shine, LLC  
17 Woodport Road, Sparta, NJ 07871  
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