

Directions: Take one (1) capsule 30 minutes before bedtime.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Melatonin	5 mg	*
CLA (conjugated linoleic acid)	50 mg	*
Ashwagandha (root) extract (<i>Withania somnifera</i>) (Standardized to 1.5% withanolides)	50 mg	*
Sleep Blend GABA (gamma amino butyric acid) and L-Theanine	150 mg	*
Bacillus subtilis MB40	500 million CFU	*

* Daily value not established.

Other Ingredients: Gelatin (capsule), rice flour, magnesium stearate and silica.

Warning: Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or nursing women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin.

*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.

- Keep out of reach of children.
- Store in a cool, dry place.
- Protect from heat, light, and moisture.
- Do not purchase if seal is broken.

Distributed by:
Windmill Health Products®
10 Henderson Drive
West Caldwell, NJ 07006
www.windmillvitamins.com



PHARMACIST RECOMMENDED

SLEEP
SOUNDLY®

Snooze & Lose

5 mg per serving

*with Melatonin, Probiotics,
Ashwagandha & CLA*

Nighttime Slimming Formula[†]

Promotes Restful Sleep[†]

Supports Metabolic Function[†]

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Dietary Supplement • 30 Capsules