

Formulated by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

SleepBlend™ supports relaxation of the muscles and the mind and promotes regular biorhythms, altogether promoting improved sleep quality.*

Suggested Use: One to two capsule(s), 30-60 minutes before bedtime. Also suitable for men.

Avoid if pregnant or nursing. Caution if taking an SSRI, MAO inhibitor, benzodiazepines and phenothiazines.

This product contains no: preservatives, binders, artificial colorings or flavorings, sugars, lactose, salt, wheat, gluten, soybeans, milk derivatives, eggs, peanuts, tree nuts, fish or shellfish.

Tamper resistant: please do not use if safety seal is broken or missing.

Keep in a cool, dry place out of reach of children.



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Actual Size

VITANICA®



SLEEP SUPPORT*

FORMULATED BY DR. TORI HUDSON
Dietary Supplement
60 Vegetarian Capsules



VITANICA® 12401 SW Leveton Dr., Tualatin, OR 97062 • www.vitanica.com

Supplement Facts

Serving Size 2 Capsules, 30 Servings per Container

Amount per Serving		% Daily Value
Vitamin B2 (as riboflavin-5-phosphate)	5 mg	294
Vitamin B6 (as pyridoxine HCl)	50 mg	2500
Vitamin B12 (as methylcobalamin)	500 mcg	8300
Calcium (as dicalcium malate, citrate)	80 mg	8
Magnesium (as dimagnesium malate, citrate)	80 mg	20
Passionflower (<i>Passiflora incarnata</i>)		
aerial parts extract	300 mg	†
Hops (<i>Humulus lupulus</i>)		
strobile extract (4:1)	300 mg	†
Valerian (<i>Valeriana officinalis</i>)		
root extract	125 mg	†
5-Hydroxytryptophan (<i>Griffonia simplicifolia</i>)		
(seeds)	100 mg	†
Melatonin	1 mg	†

† Daily Value not established

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, L-leucine.

SleepBlend™ is suitable for vegetarians and vegans.

* 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.