

★ Verified by

Ken Redcross, MD

Sleep Answer® is recommended by Ken Redcross, MD, board-certified internist, Healthy Directions doctor, and best-selling author with 20+ years of experience treating patients. The blend of eight key ingredients in **Sleep Answer** has earned his seal of approval for maximum effectiveness.

Precautions: Only for adults over 18 years. Do not use with alcohol, when driving, or while operating heavy machinery. Consult a health care practitioner before use if you are taking any medications, have a medical condition, or are pregnant or nursing. Discontinue use two weeks prior to surgery.

Keep out of 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.



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Sleep Answer®

Safe & Effective

**FALL ASLEEP FASTER, ENJOY DEEP SLEEP,
& WAKE UP FEELING RESTED***



Dietary Supplement | 60 CAPSULES

Doctor's Suggested Use: Take 1 capsule 30 to 60 minutes before bedtime with water.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving	% DV	
Niacin (from L-Tryptophan)	3.3 mg	21%
L-Tryptophan	200 mg	*
Gamma-Aminobutyric Acid (GABA)	100 mg	*
Skullcap Extract (root)	60 mg	*
Glycine	50 mg	*
Passionflower Extract (aerial parts)(2% vitexin)	20 mg	*
Hops Extract (flower)	20 mg	*
Chamomile (flower)	20 mg	*
Melatonin	4 mg	*

*Daily Value (DV) not established.

Other ingredients: Gelatin, vegetable magnesium stearate, dicalcium phosphate, maltodextrin

Distributed by Healthy Directions, Bethesda, MD 20817

UNCONDITIONALLY GUARANTEED for purity and labeled potency. To preserve quality and freshness, store bottle with cap tightly closed in a cool, dry place.

SKU: SLP 02 C01060, 2023 R-1

Please see bottom of bottle for Lot No. and Expiration Date