

## PRODUCT #11881

**DIRECTIONS:** As a dietary supplement, take three (3) capsules before bed. Dosage may be increased as directed by a healthcare practitioner. Our products contain organically grown herbs, when available.

Double-sealed for your protection.  
Do not use if outer seal is broken or missing.

**CAUTION: KEEP OUT OF REACH OF CHILDREN. If you have a medical condition, are planning any medical procedure, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially SSRIs, MAO inhibitors, anti-depressants, sedatives, or drugs for Parkinson's or psychiatric disorders), consult your healthcare professional before using this product. Do not take with alcoholic beverages or when operating machinery or driving a vehicle.**

Consumer Information Services  
Voice Mail: 800-845-2730

Certified Kosher. 

Made in the U.S.A.  
Family owned and operated

❖ 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.

**MH** MICHAEL'S® HEALTH  
NATUROPATHIC PROGRAMS  
SINCE 1984

# Sleep Factors™❖

Melatonin

5-HTP

Calcium

And More...

Dietary Supplement  
60 Vegan Capsules



## Supplement Facts

20 servings per container

Serving Size

Three (3) Veggie Caps

Amount Per Serving

% Daily Value

Calcium (as Calcium Citrate) 200 mg 15%

Magnesium (as Magnesium Citrate) 200 mg 48%

5-HTP (5-Hydroxytryptophan)  
(*Griffonia simplicifolia*) (Seed) 100 mg \*

GABA  
(Gamma Amino Butyric Acid) 50 mg \*

Melatonin 10 mg \*

\* Daily Value not established.

OTHER INGREDIENTS: Hypromellose (Capsule),  
Microcrystalline Cellulose, and Leucine.

MANUFACTURED FOR  
**MICHAEL'S® NATUROPATHIC PROGRAMS**  
6003 RANDOLPH BLVD, SAN ANTONIO, TEXAS 78233  
[www.michaelshealth.com](http://www.michaelshealth.com)

Made in a GMP facility that processes egg, fish, milk,  
peanut, sesame, shellfish, soy, tree nut and wheat  
products.

