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Benesom® is formulated to promote a restful, relaxed state and relieve occasional sleeplessness by beneficially modulating the metabolism of melatonin and promoting relaxation.*

*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.

Directions: Take 1-2 tablets approximately 30 minutes prior to sleep or as directed by your healthcare practitioner.

Warning: Do not use if pregnant or nursing.

Caution: For adult use only. Avoid use with history of seizures or depression, if taking benzodiazepines or sedating medications, or if consuming alcohol. If taking medications, including anticoagulants, consult your healthcare practitioner before use. Use caution if driving or operating machinery. Keep out of the reach of children.

This product is Gluten Free and Vegetarian.

Formulated to Exclude: Wheat, gluten, soy, dairy products, egg, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.

Storage: Keep tightly closed in a cool, dry place.



Metagenics®

Genetic Potential Through Nutrition

Benesom®

Relief for Occasional Sleeplessness*

Dietary Supplement
60 TABLETS

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calcium (as calcium lactate)	70 mg	7%
Magnesium (as magnesium citrate)	140 mg	35%
Chinese Skullcap (<i>Scutellaria baicalensis</i>) Root Extract [standardized to 30% (120 mg) flavones]	400 mg	*
Passionflower (<i>Passiflora incarnata</i> L.) Flower Extract [standardized to 1.6% (3.2 mg) hyperosides]	200 mg	*
Melissa Lemon Balm (<i>Melissa officinalis</i> L.) Leaf Extract [standardized to 3% (4.5 mg) rosmarinic acid]	150 mg	*
Valerian (<i>Valeriana officinalis</i> L.) Root Extract [standardized to 0.8% (0.8 mg) valerenic acid]	100 mg	*
Hops (<i>Humulus lupulus</i> L.) Cone 7.5:1 Extract	50 mg	*
Melatonin	3 mg	*

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating (hypromellose, medium chain triglycerides, and hydroxypropylcellulose).

Manufactured by: Metagenics, Aliso Viejo, CA 92656
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