

Supplement Facts

Serving Size: 2 capsules

Servings per bottle: 30

Amount per serving		DV
Valerian extract	600mg	*
Lactuca virosa extract	200mg	*
Passion flower extract	200mg	*

*Daily value not established

Other ingredients: Gelatin capsule, Magnesium Sterate

www.eveydayhealh.nz

0800 773 766



**60 CAPSULES
DIETARY SUPPLEMENT**



Everyday Health

Best Sleep

★ NATURAL ACTING SLEEP AID ★

Directions:

Take 2 pills before sleep, or as directed by your doctor. In times of extreme insomnia take 4 capsules. Do not exceed 4 capsules within 24hrs.

Caution:

If you suffer from any serious health problems or on medications consult your physician before using. Will cause drowsiness do not operate machinery or drive after consumption. If symptoms persist or you have side effects see your healthcare professional. Keep out of reach of children

Manufactured in NZ by:

Everyday Health Ltd.

3, 1 Kingsford Smith Drive, Rangiora,
New Zealand

Batch:

Best Before: