

**SUGGESTED USE**

Adults take 2-3 capsules 1 hour before bed.

Not for use during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before use. **Store away from children.** Use only as directed on label. Safety-sealed for your protection. Keep bottle capped at all times and store in a cool, dry place. Natural separation may occur. This does not affect product quality.



**gaia**  
HERBS

NEW &amp; IMPROVED FORMULA

SLEEP SUPPORT\*

**Sound Sleep®**

Melatonin-free support for occasional  
sleepless nights\*

**120** VEGAN LIQUID PHYTO-CAPS®  
HERBAL SUPPLEMENT

**Supplement Facts**

Serving Size 3 Capsules

Servings Per Container 40

|                           | Amount<br>Per Serving | % Daily<br>Value |
|---------------------------|-----------------------|------------------|
| Calories                  | 10                    |                  |
| Total Carbohydrate        | 2 g                   | <1%*             |
| Proprietary Extract Blend | 1,731 mg              | †                |

Organic Passionflower (*Passiflora incarnata*) flowering vine, Organic Hops (*Humulus lupulus*) strobile, Organic Skullcap (*Scutellaria lateriflora*) aerial parts extract, Organic Valerian (*Valeriana officinalis*) root extract, Organic California Poppy (*Eschscholzia californica*) whole plant, Organic Vervain aerial parts, Organic Gotu Kola (*Centella asiatica*) leaf, Organic Lavender flower essential oil

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Vegetable glycerin, water and vegan capsule (hypromellose).

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Each 3 capsules contain 4,350 mg dry herb equivalent.

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\* 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.