

Directions: Take 2 capsules 30 minutes prior to going to sleep.

WARNING: May cause drowsiness. Use only as directed. If pregnant, nursing, taking medication, or under medical supervision for any condition, consult a healthcare professional before use. Not intended for children.

Keep out of reach of children.

Store in a cool, dry place. Tamper evident. Do not use if printed safety seal under cap is broken or missing.

Vegetarian. Gluten-Free.

Made in USA with globally sourced ingredients. No colors, flavors, preservatives, yeast, magnesium stearate, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soy.



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Relieve-R™ PM helps ease occasional aches, relax the body, and promote sleep without habit-forming actives*

- **L-Tetrahydropalmatine** eases muscle tension*
- **Melatonin** supports healthy sleep patterns*
- **L-Theanine** and **GABA** support a state of well-being and relaxation*
- **White Willow** contains salicin, which helps with occasional mild discomforts*
- **Angelica** is used in Traditional Chinese Medicine for mild discomfort*

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



Relieve-R™ PM Nighttime Relief*

L-Tetrahydropalmatine
White Willow
L-Theanine
Melatonin
GABA

DIETARY SUPPLEMENT
46 VEG CAPSULES

SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings Per Container 23

Amount Per Serving	% DV
White Willow (<i>Salix alba</i>) Bark Extract (15% [30 mg] salicin)	200 mg **
Angelica (<i>Angelica dahurica</i>) Root Extract	100 mg **
Acetyl-L-Carnitine HCl	100 mg **
L-Theanine	75 mg **
Chamomile (<i>Matricaria recutita</i>) Flower	75 mg **
Lavender (<i>Lavandula angustifolia</i>) Flower	75 mg **
Lemon Balm (<i>Melissa officinalis</i>) Leaf	75 mg **
GABA (gamma-aminobutyric acid)	50 mg **
L-Tetrahydropalmatine (from <i>Corydalis yanhusuo</i>)	50 mg **
Melatonin	1 mg **

**Daily Value (DV) not established.

Other Ingredients: Hypromellose (Vegetable Cellulose) and Rice Bran.

Exclusively formulated and distributed by LifeSeasons®, Kaysville, UT 84037, USA
Questions? (877) 455-2826 or
www.lifeseasons.com