

Directions: Take 2 capsules 30 minutes before going to bed.

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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Rest-ZZZ™ Melatonin-Free helps ease muscle tension, restlessness, and nerve related sleeplessness*

- **Magnesium** helps ease restlessness and muscle tension*
- **GABA** is a neurotransmitter that promotes balance and a state of well-being*
- **Valerian** helps the body ease into restful sleep*
- **Passion Flower** supports the body's ability to achieve quality sleep*
- **Chamomile** and **Lemon Balm** enhance relaxation*

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



Rest-ZZZ™ MELATONIN-FREE Sleep Support*

Magnesium & GABA
Passion Flower
Lemon Balm
Chamomile
Valerian

DIETARY SUPPLEMENT
60 VEG CAPSULES

SUPPLEMENT FACTS

Serving Size 2 Capsules / Servings Per Container 30

Amount Per Serving		% DV
Magnesium (as magnesium amino acid complex)	100 mg	24%
Chamomile (<i>Matricaria recutita</i>) Flower Extract (4:1)	200 mg	**
Passion Flower (<i>Passiflora incarnata</i>) Aerial Extract (3.5% [6.1 mg] flavonoids)	175 mg	**
GABA (Gamma-aminobutyric acid)	100 mg	**
Hawthorn (<i>Crataegus oxyantha</i> and/or <i>monogyna</i>) Berry	100 mg	**
Valerian (<i>Valeriana officinalis</i>) Root Extract (4:1)	100 mg	**
Lemon Balm (<i>Melissa officinalis</i>) Leaf	50 mg	**

**Daily Value (DV) not established.

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

Exclusively formulated and distributed by LifeSeasons®, Kaysville, UT 84037, USA

Questions? (877) 455-2826 or
www.lifeseasons.com