

Indications: Safe, effective and non-habit forming sleep aid. Scientifically formulated for deep sleep, waking up refreshed and energized the next day. †

Suggested Use: Take two (2) tablets with water one (1) hour before bedtime.

Advanced Use: Take 4-6 tablets with water one (1) hour before bedtime or as recommended by your doctor.

Do not take more than 6 tablets in a 24 hour period.

Children under 12 years of age as directed by a physician. If you are pregnant or nursing consult your physician before use.

KEEP OUT OF THE REACH OF CHILDREN.

Indicaciones: Segura, efectiva ayuda para dormir que no causa dependencia. Científicamente formulado para dormir profundo y levantarse refrescado y energético al próximo día. ††

Uso Sugerido: Tomar (2) tabletas con agua (1) hora antes de dormir.

Uso avanzado: Tomar 4-6 tabletas con agua (1) hora antes de dormir.

No tome mas de 6 tabletas en un periodo de 24 horas.

En niños menores de 12 años de edad solo bajo dirección médica.

Si esta embarazada o lactando consulte con su medico antes de usar.

MANTENER FUERA DEL ALCANCE DE LOS NIÑOS

† 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.

†† Estas declaraciones no han sido evaluadas por la Administración de Drogas y Alimentos (FDA). Este producto no pretende diagnosticar, tratar, curar, o prevenir ninguna enfermedad.



Fall asleep faster, sleep better, wake up restored †

Quedese dormido mas rápido, duerma mejor, levante restaurado ††

Non-habit forming sleep aid †

Dietary Supplement

60 Tablets



EFFICIENT®

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

	Amount per Serving	%Daily Value*
Calcium (as dicalcium phosphate)	119 mg	9%
Phosphorus (as dicalcium phosphate)	92 mg	7%
Magnesium (as magnesium oxide)	125 mg	30%
L-Theanine	200 mg	**
Gamma-aminobutyric acid	100 mg	**
Melatonin	2 mg	**
Chamomile Extract 4:1 (<i>Matricaria chamomilla</i>) (flower)	70 mg	**
Ashwagandha Powder (<i>Withania somnifera</i>) (root)	200 mg	**
Passion Flower Powder (<i>Passiflora incarnata</i>) (leaf)	260 mg	**
Valerian Extract 4:1 (<i>Valeriana officinalis</i> L.) (root)	260 mg	**
Lemon Balm Extract 4:1 (<i>Melissa officinalis</i>) (leaf)	300 mg	**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

** Daily Value not established

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, pharmaceutical glaze, silicon dioxide, magnesium stearate, carnauba wax and magnesium silicate.

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