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SUGGESTED USE: Take two (2) capsules with an 8 oz. glass of water 20-30 minutes before bedtime or as directed by your healthcare professional. Use only as directed.

CAUTION: Do not use if safety seal is broken or missing. Keep out of reach of children. Consult a licensed health care practitioner before using this product, especially if you are pregnant or nursing, a young adult or an individual with autoimmune conditions, diabetes or other endocrine disorders, achlorhydria, malabsorption, bladder cancer, cataracts, depressive disorders, illness or using medications, especially if you have been prescribed MAO inhibitors, serotonin reuptake inhibitors, or lithium. Do not take prior to or while operating machinery or a vehicle or if you are otherwise engaged in an activity in which you need to stay alert. This product is for adults and should not be used by children or teenagers.

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SOOTHING SLEEP FORMULA'

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings Per Container: 30

| Amount I | Per Serving | % DV |
|-------------------------------------------------------------|-------------|------|
| Valerian (Valeriana officinalis) (root extract) | 75 mg | ** |
| GABA (Gamma Amino Butyric Acid) | 100 mg | ** |
| Chamomile (Matricaria chamomilla) (aerial extract) | 100 mg | ** |
| Passionflower (Passiflora incarnata) (aerial extract) | 100 mg | ** |
| Lemon Balm (<i>Melissa officinalis</i>) (leaf extract) | 100 mg | ** |
| Hops (Humulus lupulus) (cone extract) | 125 mg | ** |
| Melatonin | 3 mg | ** |

OTHER INGREDIENTS: Vegetable Cellulose Capsule, Rice Flour, Non-GMO Maltodextrin, Stearic Acid, Silica, Gum Arabic.









