

KEEP OUT OF REACH
OF CHILDREN.

Store in a cool, dry place.

For More Information:
1-888-462-2548
GNC.com

GNC

PREVENTIVE
NUTRITION®

SLEEP SUPPORT

Promote quality sleep with clinically studied
Sleeproot™ & Shoden®*

EXPERT FORMULATED

- ✓ Relax*
- ✓ Sleep soundly*
- ✓ Wake refreshed*
- ✓ Melatonin free



LEARN MORE

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.

CODE 120623

LXG

DIRECTIONS: As a dietary supplement, take two capsules daily 30-60 minutes before bed.

Supplement Facts

Serving size 2 Capsules/Servings per container 30

Amount Per Serving	% Daily Value
Magnesium (as Magnesium Oxide)	105 mg25%
Valerian (<i>Valeriana officinalis</i>)	200 mg*
Root Extract (Standardized to 2% Valerenic Acid = 4 mg)	
Ashwagandha (<i>Withania somnifera</i>)	120 mg*
Root and Leaf Extract (Standardized to 35% Glycowithanolides = 42 mg)	
Gamma Aminobutyric Acid (GABA)	100 mg*
Griffonia (<i>Griffonia simplicifolia</i>)	50.5 mg*
Seed Extract (Standardized to 99% 5-Hydroxytryptophan [5-HTP] = 50 mg)	

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Hydroxypropyl Methylcellulose and Less than 2%: Magnesium Stearate, Silicon Dioxide.

Distributed by: GNC Holdings, LLC,
Pittsburgh, PA 15222

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication or have a medical condition. Discontinue use two weeks prior to surgery. No Artificial Colors, No Artificial Flavors, Gluten Free.

Sleeproot™ (Valerian Root Extract) is a trademark of OmniActive Health Technologies Ltd. Shoden® (Ashwagandha Root and Leaf Extract) is a registered trademark of Arjuna Natural Pvt. Ltd.

