

Restful Night Extended Release® combines key stress-reducing ingredients with Melotime™ extended-release melatonin to help calm your busy mind so you can fall asleep and stay asleep longer.*

UNCONDITIONALLY GUARANTEED for purity and potency. Store bottle in a cool, dry place.

Precautions: For adult use only at bedtime. This product is not to be taken by pregnant or lactating women. If you are taking medication or have a medical condition, consult a physician before using this product. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery.

Keep out of reach of children.

PharmaGABA® is a registered trademark of Pharma Foods International Co., Ltd. (Japan)

melotime® is a trademark of Inventia Healthcare, Ltd.

Due to the nature of these ingredients, color variation may occur.



*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.

WHITAKER NUTRITION

Restful Night Extended Release®

FOR HELP TO FALL ASLEEP
AND STAY ASLEEP†

Includes L-Theanine,
PharmaGABA®, and 3 mg Melatonin

Dietary Supplement

30 DUAL LAYER TABLETS

Doctor's Suggested Use: Take 1 dual layer tablet 30 minutes before bed.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

Amount Per Serving	% DV
Restful Sleep Blend	202 mg *
L-Theanine	200 mg *
Extended-Release Melatonin (Melotime™)	2 mg *
Instant Release Sleep Induction Blend	101 mg *
Gamma-Aminobutyric Acid (from fermentation)(PharmaGABA®)	100 mg *
Immediate Release Melatonin	1 mg *

*Daily Value (DV) not established.

Other ingredients: Bilberry extract (color), dicalcium phosphate, microcrystalline cellulose, cellulose, vegetable magnesium stearate, hypromellose, glycerin, hydroxypropyl cellulose



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