

SUGGESTED USE: As a dietary supplement, take 1 capsule before bed.

CAUTION: Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

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.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.

Developed and distributed by **Dr. Eric Berg DC**

To reorder: **shop.drberg.com (800) 816-8184**

Dr. Berg Nutritionals

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Rev. US 00



Dr. Berg®

THE KNOWLEDGE DOC

SLEEP AID

VEGAN FORMULA

60 Capsules

Dietary Supplement

Supplement Facts

Serving size: 1 capsule

Servings per container: 60

	Amount per Serving	%DV*
Vitamin C (from acerola cherry)	3 mg	3%
Niacin (from niacinamide)	18 mg	112%
Calcium (from calcium lactate)	7 mg	<1%
Magnesium (from magnesium citrate)	7 mg	2%
Proprietary blend	473 mg	**
Fo-ti root extract (24:1), L-theanine, tryptophan, glycine, acetyl-L-carnitine, DMAE (dimethylaminoethanol, from DMAE bitartrate), GABA (gamma-aminobutyric acid), L-glutamine, rehmannia root powder (<i>Rehmannia glutinosa</i>), choline (from choline bitartrate)		

*Percent Daily Values are based on a 2000 calorie diet.
**Daily Value not established.

Other ingredients: Vegetable capsule, magnesium stearate (vegetable source)