

Suggested use: Take 1 capsule for light rest, or take 2 capsules for deeper sleep.

WARNING: Consult a healthcare practitioner before taking this if pregnant, nursing, or under the age of 18, if you have or suspect a medical condition, are taking any medication or over the counter products. If you experience adverse reactions from taking this product, discontinue immediately and contact a health care practitioner. Store in a cool dry place.

KEEP OUT OF REACH OF CHILDREN.

Formulated & Distributed By: Pure Nootropics, LLC
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**PURE
NOOTROPICS**

OPTIMAL SLEEP COMPLEX

NATURAL SLEEP AID

DIETARY SUPPLEMENT



SUPPLEMENT FACTS

Serving size: 2 capsules

Serv. per Container: 30

	Amount per serving	%DV*
Magnesium (as bisglycinate chelate) TRAACS®	30mg	8%
Zinc (as bisglycinate chelate) TRAACS®	25mg	167%
L-Tryptophan	400mg	**
Valerian root extract (0.8% valerenic acid)	400mg	**
Lemon balm extract	100mg	**
L-Theanine	100mg	**
Melatonin	3mg	**

*Percent Daily Values (DV) are based on a 2,000 calorie diet

**Daily Value(DV) not established

OTHER INGREDIENTS: Vegetarian Capsule(Hypromellose), Maltodextrin, Vegetable Stearate.

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+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.