

CAUTION: If you have a medical condition, are pregnant or taking any medications, check with your healthcare provider before taking this product. Do not take this product if you are taking sleep medications or medications that cause drowsiness. Take only at bedtime. Do not take this product when operating a motor vehicle or operating machinery.

**KEEP OUT OF THE REACH OF CHILDREN.
PURITY AND POTENCY GUARANTEED.**

THE "SLEEP RELIEF" DIFFERENCE

- Synergistic combination of herbs, amino acids, vitamins and minerals work together to facilitate falling asleep and maintaining a regular sleep cycle.*
- Helps you wake refreshed and ready for your day.*

STORAGE: Keep tightly closed in a dry place; do not expose to excessive heat.

* 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.

Manufactured at a FDA-registered, GMP-certified facility for
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DIETARY SUPPLEMENT

SLEEP RELIEF

SLEEP SUPPORT*

Proprietary time-release formula promotes
healthy, restful sleep throughout the night.*



SUPPORTING LIFE

60
TIME-RELEASE
TABLETS

SUGGESTED USE: Adults take 1-2 tablets 30-45 minutes before bed as needed for sleep, or as directed by your healthcare provider. Sweet dreams.

Supplement Facts

Serving Size: 2 biphasic, time-release tablets

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Niacin (as Niacinamide)	6 mg	38%
Vitamin B6 (as Pyridoxal-5-Phosphate)	6 mg	353%
Magnesium (as Magnesium Glycinate)	80 mg	19%
Proprietary Blend	1132 mg	†
L-Tryptophan, Glycine, L-Theanine, Masson Pine (<i>Pinus massoniana</i>) bark extract, GABA (<i>Gamma Aminobutyric Acid</i>), Ashwagandha (<i>Withania somnifera</i>) whole plant extract, Hops (<i>Humulus lupulus</i>) flower extract 4:1, Jujube (<i>Ziziphus jujuba</i>) fruit extract 4:1, Skullcap (<i>Scutellaria lateriflora</i>) leaf and stem extract 4:1, Magnolia (<i>Magnolia officinalis</i>) bark extract, Melatonin		

† Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Hydroxypropylmethylcellulose, Stearic Acid, Magnesium Stearate, Croscarmellose Sodium, Silicon Dioxide.

Contains NO wheat, gluten, soy, milk, dairy, artificial colors, artificial preservatives, or artificial flavors.