Manufactured for: E-NutritionStore.com Elkridge, MD 21075 443-483-3340

SUGGESTED USE: Take one capsule with water 30 minutes prior to bedtime.

Botanicals, Magnesium, B Vitamins & More for Occasional Sleep Support[†]

Ideal for short term use, our **Ultimate Sleep Formula** is a 4-part vitamin, mineral, amino acid, herbal combination to encourage restful sleep.[†] Included are two B vitamins that have key roles in the production of adrenal hormones and essential neurotransmitters that regulate sleep patterns.[†] Magnesium aids in calming the nerves and relaxing the muscles, which in turn can help individuals fall asleep.[†] GABA is an amino acid that calms an over-excited brain, and L-Theanine, also an amino acid, supports the brain's production of relaxing alpha waves.[†] Lastly, four traditional botanicals are included — chamomile, passion flower, hops, and lemon balm — long used to support relaxation and healthy sleep.[†]

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

^ SGS verified the process for manufacturing this product with no GMO ingredients, www.sgs.com/no-gmo

Store in a cool, dry place.

We Guarantee Our Supplements for Potency and Purity To report a serious adverse event, call 1-888-710-0006



Natural Rest

Calming botanicals and nutrients[†]
Supports Healthy Sleep[†]



Dietary Supplement



50 VEGAN CAPSULES

Supplement Facts

Serving Size 1 Capsule Servings Per Container 50

Amount Per Serving	% D	% Daily Value	
Vitamin B6 (as pyridoxine hydrochloride)	1 mg	59%	
Pantothenic Acid (as calcium pantothenate	e) 50 mg	1,000%	
Magnesium (from magnesium citrate)	40 mg	10%	
GABA (gamma amino butyric acid)	180 mg	*	
L-Theanine	120 mg	*	
Chamomile (flowers)	75 mg	*	
Passion Flower Extract	20 mg	*	
Hops Extract (Humulus Lupulus) Flower	20 mg	*	
Lemon Balm (leaf)	10 mg	*	

Other ingredients: Vegan capsule (cellulose), cellulose, magnesium stearate (vegetable source), silica.

† 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.