

**DIRECTIONS:** As a dietary supplement, take two capsules daily, 30 minutes before bed.

**CAUTION:** Do not exceed recommended dose. Pregnant women or nursing mothers, children under 18, and individuals with a known medical condition, should consult with a physician before taking this or any other 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.

**KEEP OUT OF REACH OF CHILDREN.  
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.  
STORE AT ROOM TEMPERATURE.**

Manufactured in the USA according to current Good Manufacturing Practice (cGMP) and conforms to the tested ingredient grade, strength and purity of industry Quality Standards.



**AS APPROVED SCIENCE®**

# INSOMNIAR™

ADVANCED INSOMNIA SUPPORT†  
Premium Grade • High Potency  
SAFE • FAST • NATURAL FORMULA

Optimal Strength  
GMP Certified

CONTAINS  
VALERIAN  
AND  
MELATONIN

60 CAPSULES  100% Vegan Friendly

DIETARY SUPPLEMENT

## SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount per serving	%DV
L-ornithine	400 mg	*
Valerian ( <i>Valeriana officinalis</i> ) Extract	300 mg	*
Chamomile ( <i>Matricaria chamomilla</i> ) Extract	200 mg	*
Passion Flower ( <i>Passiflora incarnata</i> ) Extract	200 mg	*
Lemon Balm ( <i>Melissa officinalis</i> ) Extract	200 mg	*
Hops ( <i>Humulus lupulus</i> ) (flower)	100 mg	*
L-tyrosine	43 mg	*
Magnolia ( <i>Magnolia officinalis</i> ) (bark)	37 mg	*
Jujube ( <i>Ziziphus jujuba</i> ) Extract (seed)	32 mg	*
Reishi Mushrooms ( <i>Ganoderma lucidum</i> )	20 mg	*
Melatonin	6 mg	*

\* Daily Value not established

% Daily Value (DV) based on a 2000 calorie diet

**Other Ingredients:** Vegetable Cellulose.

Distributed by:

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888-307-4790

support@approvedscience.com

www.approvedscience.com

New York, NY 10003