SUGGESTED USE:

Adults take I capsule daily or as directed by a doctor.

Professional before use in children, if you are pregnant or nursing, have a medical condition, are taking any medication, or if you are experiencing long-term sleep difficulties. Do not drive or operate machinery when taking this product. Do not exceed 2 capsules per day.

SAFETY SEALED FOR YOUR PROTECTION

THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.





Supplement Facts

Serving Size 1 Capsule Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin C 200 mg (Ascorbic Acid)	222%
Vitamin D 15 mcg	75%

Proprietary Blend 450 mg
L-Theanine, Valerian Root Powder,
Lemon Balm Herb Powder, European
Elder (Sambucus nigra) Fruit Powder

Melatonin 5 mg

(Cholecalciferol)

†Daily Value not established

Other Ingredients: Hypromellose (Capsule), Rice Flour, Magnesium Stearate.

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