

SUGGESTED USE:

Adults take 1 capsule daily or as directed by a doctor.

Warning: Consult a healthcare 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 5 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.



Quantum[®]
HEALTH

Sleep

**PROMOTES HEALTHY
RESTFUL SLEEP***

MELATONIN 2 mg
VALERIAN ROOT, LEMON BALM, L-THEANINE

DIETARY
SUPPLEMENT



30 Capsules

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 30

Amount Per Serving	% Daily Value
--------------------	---------------

Proprietary Blend 350 mg	†
L-Theanine, Valerian Root Powder, Lemon Balm Herb Powder	

Melatonin 2 mg	†
----------------	---

†Daily Value not established

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

DISTRIBUTED BY: QUANTUM HEALTH
PO BOX 2791, EUGENE, OR 97402
800-448-1448 | quantumhealth.com