

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

Our **Ultimate Sleep Formula** is a 4 part vitamin-mineral-amino acid-herbal combination to encourage natural, restful sleep. Two B vitamins play key roles in the production of adrenal hormones and essential neurotransmitters that regulate sleep patterns.<sup>†</sup> Magnesium aids in calming the nerves and relaxing the muscles, which in turn can help individuals fall asleep.<sup>†</sup> GABA is an amino acid that calms an over-excited brain, and L-Theanine, also an amino acid, stimulates the brain's production of relaxing alpha waves.<sup>†</sup> Lastly, five traditional herbs are included — chamomile, passion flower, hops, and lemon balm — long used to reduce anxiety and aid sleep.<sup>†</sup>

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

**To report a serious adverse event, call 1-888-710-0006**

<sup>†</sup>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.



# ULTIMATE SLEEP FORMULA

## with Calming Botanical Complexes

**Supports Healthy Sleep<sup>†</sup>**

Dietary Supplement

**50 VEGETARIAN CAPSULES**



**Manufactured for: Harmonía, LLC**  
**Milwaukee, WI 53211**

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 50

| Amount Per Serving                                       | % Daily Value |
|----------------------------------------------------------|---------------|
| <b>Vitamin B6</b> (as pyridoxine HCl) .....              | 1 mg 50%      |
| <b>Pantothenic Acid</b> (as calcium pantothenate) ..     | 50 mg 500%    |
| <b>Magnesium</b> (citrate).....                          | 40 mg 10%     |
| <b>GABA</b> .....                                        | 180 mg *      |
| <b>L-Theanine</b> .....                                  | 120 mg *      |
| <b>Chamomile</b> (flowers).....                          | 75 mg *       |
| <b>Passion Flower Extract</b> .....                      | 20 mg *       |
| <b>Hops Extract</b> ( <i>Humulus Lupulus</i> 4:1) Flower | 20 mg *       |
| <b>Lemon Balm</b> (leaf) .....                           | 10 mg *       |

\* Daily Value not established.

**OTHER INGREDIENTS:** vegetable capsule (cellulose), cellulose (vegetable source), magnesium stearate (vegetable source), silica.

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

**KEEP OUT OF REACH OF CHILDREN. VL 454-50A**