

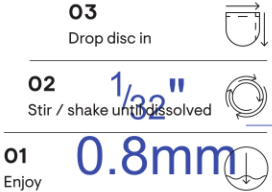
Your ticket to
dreamland.

Each blueberry-flavored,
water-soluble disc features
a blissful blend of bedtime
ingredients: L-theanine,
melatonin, and chamomile.

Sleep +



Ready to use
in 3-2-1.



DIS002
CTNDIS00208



5/16"
7.9mm

SUPPLEMENT FACTS

Serving Size: One disc
Servings Per Container: 15

One disc contains:

	%DV
L-Theanine†	200 mg *
Chamomile extract (flowering top) (<i>Matricaria recutita</i>)	100 mg *
Melatonin	1 mg *

*Daily Value (DV) not established.

Other Ingredients

Cellulose Powder, Oat Fiber, Glycerin (Vegetable Source), Pullulan, Flavors, Quillaja Extract, Spirulina Extract (Color), Xylitol, Purified Water, Stevia Extract (Leaf), Citric Acid, Carboxymethylcellulose Gum.

Suggested Use

Drop one disc in 4-6 ounces preferred liquid, let disc dissolve, then stir well. Drink 30 minutes before bedtime, or as recommended by your health professional.

Warning

If pregnant or nursing, do not use this product.

†This product uses Taiyo International's Suntheanine® (L-Theanine). Suntheanine is a registered trademark of Taiyo International, Inc.

If disc is broken, drop all pieces into liquid for full effect. Efficacy will not be impacted.

Manufactured by Thorne Research, Inc. / 1-800-228-1966



1 11/16"
42.9mm

7/32"
5.6mm