



Do not drive, operate machinery or consume alcohol when taking this product. Avoid bright light.

For short-term use only. If symptoms persist for more than 2 weeks, or you are experiencing long-term sleep difficulties, stop use and consult a health professional.

If you experience an allergic reaction, nausea, vomiting, cramping, or other unexpected symptoms, discontinue use and contact health professional.

For adults 18 years of age and older
Not for children

KEEP OUT OF REACH OF CHILDREN

Do not exceed recommended intake

Do not use if seal is cut or broken.

Store at room temperature.

Avoid excessive heat.

Close cap tightly after use.

Questions or comments?

1-800-331-4536

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**DRUG
FREE**

M

Midol
SUPPLEMENTS



ZZZ's PLEASE

Helps your brain relax so you
can get a better night's sleep*

FOR OCCASIONAL USE ONLY



30
CAPSULES

DIETARY SUPPLEMENT

*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.

Directions: Adults: Take 1 capsule 30-60 minutes before bedtime, as needed, for occasional sleeplessness. **This product contains Melatonin which may produce drowsiness or sleepiness.**

Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving
Melatonin	1 mg†
Passionflower Blend:	500 mg†
Passionflower Powder (<i>Passiflora incarnata</i> L.) (aerial parts), Passionflower Extract (<i>Passiflora incarnata</i> L.) (aerial parts)	

†Daily Value not established.

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose), Rice Hulls (*Oryza sativa*), Rice Extract (*Oryza sativa*), Gum Arabic, Sunflower Oil.

WARNINGS: Do not use this product if you are pregnant, attempting to become pregnant, breast-feeding, or are allergic to any ingredients in this product.

If you are taking any sedative type supplements, any medications, or have any medical condition (such as diabetes, high blood pressure, autoimmune condition, liver or kidney disease, depression, bleeding or seizure disorder), ask a healthcare professional before use.