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product info



09/2023

23163

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Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule 30 to 60 minutes before bedtime, or as recommended by a healthcare practitioner.

CAUTION: Do not consume alcohol, drive or operate heavy machinery after taking this product.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is damaged.
- Consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Shoden® is a registered trademark of Arjuna Natural Pvt. Ltd. MicroActive® Melatonin is a registered trademark of Bioactives LLC.



**LIFE
EXTENSION®**

Rest & Renew



**Standardized Ashwagandha Plus
Melatonin for Refreshing Sleep***

30

**VEGETARIAN
CAPSULES**

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving		% Daily Value
Shoden® ashwagandha extract (root and leaf) [std. to 35% withanolide glycosides]	120 mg	**
Melatonin [as MicroActive® Melatonin]	1.5 mg	**

**Daily Value not established.

Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), dicalcium phosphate, vegetable stearate, sodium alginate, silica, carnauba wax.

Manufactured for: **Quality Supplements and Vitamins, Inc.**
Ft. Lauderdale, FL 33309 • LifeExtension.com
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

*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.

Store tightly closed in a cool, dry place.