

**SUGGESTED USE:** 2 CAPSULES 30 TO 45 MINUTES BEFORE BED OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

**WARNING:** IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE & CONSULT YOUR HEALTHCARE PRACTITIONER.

KEEP OUT OF REACH OF CHILDREN.  
STORE SEALED IN A COOL, DRY PLACE.

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Suntheanine® is a registered trademark of Taiyo International, Inc. | Sensoril® is a trademark of Natron, Inc. and is protected under U.S. Patents 6,153,198 & 7,318,938.

Manufactured For:  
Moss Nutrition  
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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.



Natural Support for Restful Sleep\*

Dietary Supplement  
60 Vegetarian Capsules

## Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

|                                                                                               | Amount Per Serving | % DV |
|-----------------------------------------------------------------------------------------------|--------------------|------|
| Magnesium (as Di-Magnesium Malate) (Albion®)                                                  | 40 mg              | 10%  |
| Valerian root extract (4:1) ( <i>Valeriana officinalis</i> )                                  | 125 mg             | **   |
| Gamma Aminobutyric Acid (GABA)                                                                | 100 mg             | **   |
| Inositol                                                                                      | 100 mg             | **   |
| L-Theanine (as Suntheanine®)                                                                  | 100 mg             | **   |
| 5-Hydroxytryptophan (5-HTP)                                                                   | 50 mg              | **   |
| Sensoril® Ashwagandha ( <i>Withania somnifera</i> )<br>root & leaf extract (10% withanolides) | 50 mg              | **   |
| Holy Basil leaf extract (8:1)<br>( <i>Ocimum sanctum</i> ) (2% ursolic acid)                  | 40 mg              | **   |
| Hops strobile extract (4:1) ( <i>Humulus lupulus</i> )                                        | 40 mg              | **   |
| Passion Flower aerial extract (4:1)<br>( <i>Passiflora incarnata</i> ) (4% flavonoids)        | 40 mg              | **   |
| Rhodiola root extract ( <i>Rhodiola rosea</i> ) (3% rosavins)                                 | 40 mg              | **   |
| California Poppy aerial extract (5:1)<br>( <i>Eschscholzia californica</i> )                  | 25 mg              | **   |
| Jujube seed extract (4:1) ( <i>Ziziphus jujuba</i> )                                          | 25 mg              | **   |
| Melatonin                                                                                     | 3 mg               | **   |

\*\* Daily Value (DV) not established.

Other ingredients: Hypromellose (capsule), microcrystalline cellulose, maltodextrin (non-GMO), silica, hydroxypropyl cellulose. Does not contain gluten. V0423.15