

Suggested Use: Take 2 capsules up to 30 minutes before bed.
Best if taken 3 years from date on bottom.

Benefits:

- Fast acting and long lasting*
- Wake up feeling refreshed*

Warning: Use only at bedtime. For adults only. Not for pregnant or nursing women. Do not exceed 4 capsules daily. Do not use if outer safety seal is broken or missing.

* 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.

Earth's
Bounty[®] 
EST 1991

SLEEP PERFECT[®]
PEACEFUL SLEEP, THE
NATURAL WAY

Dietary Supplement - 60 Capsules

 **Wellness**
FROM OUR FAMILY TO YOURS[™]



**LIFETIME
SATISFACTION
GUARANTEE**



Supplement Facts

Serving Size 2 Capsules Serv. per Container 30

Amount per Serving	% Daily Value	
Calcium (as Calcium Citrate)	35 mg	3%
Magnesium (as Magnesium Citrate)	85 mg	21%
L-Theanine	100 mg	†
Melatonin	3 mg	†
Synergistic Herbal Sleep Blend	700 mg	†
Valerian (Root), Skullcap (Leaf), Hops (Flower), Passion Flower (Flower), Lemon Balm (Leaf)		

†Daily Value not established.

Other Ingredients: Vegetable Cellulose Capsule.

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