

Formulated for Women

SUGGESTED USE: As a dietary supplement take two (2) capsules once a day. For best results take 20-30 min before bedtime with an 8oz. glass of water or as directed by your healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*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.



COSMIC



ICON

Beauty Sleep

Promote Deep Sleep & Healthy Skin*



Natural Formula Featuring



MELATONIN + 5-HTP

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount Per Serving	%DV
Calcium (as Calcium Carbonate)	17 mg	1%
Vitamin B6 (Pyridoxine HCl)	1.8 mg	100%
Magnesium (as Magnesium Citrate)	13 mg	3%
Melatonin	10 mg	**
Beauty Sleep Proprietary Blend:	905 mg	**

L-Tryptophan, Goji (Wolfberry)(*Lycium barbarum*)(berry), Chamomile (*Matricaria chamomilla*)(flower), Lemon Balm (*Melissa officinalis*)(herb), Passion Flower (*Passiflora incarnata*)(flower), L-Taurine, Hops (*Humulus lupulus*)(flower), St. John's Wort (*Hypericum perforatum*)(herb), GABA (Gamma aminobutyric acid), Skullcap (*Scutellaria bakalensis*)(root), L-Theanine, Ashwagandha (*Withania somnifera*)(root), Inositol, 5-HTP (*Griffonia simplicifolia*)(seed).

** Daily Value (DV) not established

Inactive Ingredients: Cellulose (Vegetable Capsule), Magnesium Stearate (Vegetable), Silicon Dioxide.