

Indications: Safe and effective sleep aid. Scientifically formulated for deep sleep, waking up refreshed and energized the next day. †
Suggested Use: Take two (2) tablets with water one (1) hour before bedtime.

Advanced Use: Take 4-6 tablets with water one (1) hour before bedtime or as recommended by your doctor.

Do not take more than 6 tablets in a 24 hour period.

Children under 12 years of age as directed by a physician. If you are pregnant or nursing consult your physician before use.

KEEP OUT OF THE REACH OF CHILDREN.

Indicaciones: Segura y efectiva fórmula para ayudar a dormir que no causa dependencia. Científicamente formulado para dormir profundo y levantarse refrescado y energético al próximo día. ††

Uso Sugerido: Tomar (2) tabletas con agua (1) hora antes de dormir.

Uso avanzado: Tomar 4-6 tabletas con agua (1) hora antes de dormir o según lo recomiende su médico.

No tome mas de 6 tabletas en un periodo de 24 horas.

En niños menores de 12 años de edad solo bajo dirección médica.

Si esta embarazada o lactando consulte con su medico antes de usar.

MANTENER FUERA DEL ALCANCE DE LOS NIÑOS

† 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.

†† Estas declaraciones no han sido evaluadas por la Administración de Drogas y Alimentos (FDA). Este producto no pretende diagnosticar, tratar, curar, o prevenir ninguna enfermedad.



Dietary Supplement

Non-Habit forming sleep aid †

60 Tablets



Fall asleep faster, sleep better, wake up restored †

Quedese dormido mas rápido, duerma mejor, levantese restaurado ††



EFFICIENT®

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

	Amount per Serving	%DV*
Calcium (as dicalcium phosphate)	119 mg	9%
Phosphorus (as dicalcium phosphate)	92 mg	7%
Magnesium (as magnesium oxide)	125 mg	30%
L-Theanine	200 mg	**
Gamma-aminobutyric acid	100 mg	**
Melatonin	2 mg	**
Chamomile Extract 4:1 (<i>Matricaria chamomilla</i>) (flower)	70 mg	**
Ashwagandha Powder (<i>Withania somnifera</i>) (root)	200 mg	**
Passion Flower Powder (<i>Passiflora incarnata</i>) (leaf)	260 mg	**
Valerian Extract 4:1 (<i>Valeriana officinalis</i> L) (root)	260 mg	**
Lemon Balm Extract 4:1 (<i>Melissa officinalis</i>) (leaf)	300 mg	**

** Daily Value not established

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, silicon dioxide, pharmaceutical glaze, magnesium stearate, carnauba wax and magnesium silicate.

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