

Promotes Healthy, Restful Sleep
Creates Deep Relaxation of the Mind and Body
Increases the Alpha Waves in the Brain
Associated with Feeling Calm and Peaceful.
Promotes Your Body's Ability to Produce GABA,
Which Acts as Your Brain's Own Tranquilizer.

Manufactured for: RagTagHealth
2111 Capstone Dr., Ste. 150, Lexington, KY 40511



* 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.

Quality. Effectiveness. Science.



Dietary Supplement
SLEEP
90 Capsules • 500 mg

Supplement Facts

Serving Size: 1 capsule (500mg)

Servings Per Container: 90

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid) 20mg	33%

Proprietary Formula 480mg *

Consisting of L-theanine, rehmannia root, poria, polygala, grassleaf sweetflag, biota seed, licorice root, platycodon, codonopsis, asparagus root, schizandra, angelica root, scrophularia root, zizyphus seed, salvia root and ophiopogon root.

* Daily Value not established.

Other Ingredients: Vegetarian capsules

Directions: Take 3-4 capsules 30 minutes before bed or as directed by a health care professional. If you do not wish to take the capsules, simply open them and dissolve in warm water as a tea or add to your favorite smoothie.

Store in a cool, dry place out of sunlight. Herbs may become solid and/or discolored. This is not an indication of spoilage. Keep out of reach of children.