

Serene Sleep is formulated to help you fall asleep fast, sleep longer and wake up feeling refreshed and renewed naturally.*

Warnings: Use only at bedtime. For adults only. Keep out of reach of children. Not for pregnant or nursing women. Do not exceed 4 capsules daily.

*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.

Manufactured for:



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Item #A1020



UPC #859658002252



PROFESSIONAL SERIES

CLINICAL STRENGTH

SERENE
SLEEP™

Fast-Acting & Long-Lasting
Natural Sleep Aid*

60 Vegetarian Capsules Dietary Supplement

Suggested Use: Take 2 capsules at or 30 minutes before bedtime.

Supplement Facts

Serving size: 2 capsules

Servings per container: 30

Amount Per Capsule	% Daily Value	
Calcium (as calcium citrate)	35mg	3%
Magnesium (as magnesium citrate)	85mg	21%
L-Theanine	100mg	†
Melatonin	3mg	†
Synergistic Herbal Sleep Blend	700mg	†
(Equal to 3,400mg of herbal powder) Valerian [root] (0.8% valerenic acid); Skullcap [herb] 4:1 Extract; Hops [flowers] 4:1 Extract; Passion Flower [flower] 12:1 Extract (3.5% flavonoids); Lemon Balm [herb] 4:1 Extract		

† Daily Value not established

Other Ingredients: Vegetable Cellulose.
Gluten, dairy & soy free. Suitable for Vegetarian & Vegan.