

Remifemin®
Good Night
menopause relief*



Sound Sleep and Brighter Days*

Natural menopause relief with RemiSure™ black cohosh from the world's most tested brand! Our exclusive, standardized extract of black cohosh is clinically proven to provide a 70% reduction in hot flashes, night sweats, and mood swings.*

plus

Improved Night-time Sleep with our herbal Restful Sleep Blend™.*

Clinically shown to provide 88% improvement in sleep including falling asleep, staying asleep, quality of sleep and occasional restlessness during sleep.*

Wake up refreshed, not groggy*

Proven Safe & Effective*

Completely hormone free, without the plant-based estrogens that can affect breast and uterine cell growth.

Non-habit forming, the Restful Sleep Blend in Remifemin Good Night has been clinically shown to safely and gently support your body's own long-term sleep pattern.*

For more information, visit remifemin.com or call 1-800-783-2286

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Supplement Facts

Serving Size 1 tablet

Amount per tablet

Restful Sleep Blend™**	286 mg**
valerian (<i>Valeriana officinalis</i>) root extract 4:1, lemon balm (<i>Melissa officinalis</i>) leaf extract 4:1, and hops (<i>Humulus lupulus</i>) strobile extract 4:1	

Black Cohosh (RemiSure™ brand) Extract (Root and Rhizome)	
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Equivalent to	40 mg**
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**Daily Value not established.

Other ingredients: cellulose, modified cellulose, maltodextrin, magnesium stearate, silicon dioxide, titanium dioxide color, soy lecithin, spirulina, and carnauba wax.

Our black cohosh extract is standardized to be equivalent to 40 mg black cohosh (*Cimicifuga racemosa*) root and rhizome.

Recommendations: Begin with one tablet at night with water. Depending on the severity of symptoms, you can increase your dose and take two tablets. Expect significant sleep improvement and menopause symptom relief within a few weeks.* Full benefits usually occur after 4-12 weeks of consistent use.

CAUTION: Consult your healthcare practitioner prior to use if you are taking prescription drugs. Do not use if pregnant or nursing. Discontinue use and consult a healthcare practitioner if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice. For a few consumers, gastrointestinal discomfort or allergic reactions may occur but should not be persistent. If you observe these or other side effects, discontinue use and see your healthcare practitioner. May impair your ability to drive or operate heavy equipment. Due to additive sedative effect, avoid using with alcohol.

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21 Tablets
One per Night

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Relief from:
Hot Flashes* • Night Sweats* • Mood Swings*
plus
Fall asleep. Stay Asleep.* Wake up Refreshed.*

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DIETARY SUPPLEMENT

ESTROGEN FREE

Remifemin®
Good Night

88% Sleep Improvement*

plus

Proven Safe & Effective!
70% Relief of Menopausal Symptoms*

Remifemin®
Good Night

THIS PRODUCT HAS A
TAMPER-EVIDENT FOIL
POUCH. DO NOT USE
IF FOIL OR POUCH
IS PUNCTURED!