



AYURVEDIC HERBS

I Sleep Soundly™

Promotes Sound, Restful Sleep*



90 Tablets
Dietary Supplement

Certified Organic

SUGGESTED USE: Take 1-2 tablets 1/2 hour before going to bed, or as directed by your health practitioner.

Supplement Facts

Serving Size: 1 tablet

Servings Per Container: 90

Amount Per Tablet

Proprietary Blend	500mg**
Bhringaraj leaf (<i>Eclipta alba</i>) ⁺	
Valerian root (<i>Valeriana officinalis</i>) ⁺	
Skullcap herb (<i>Scutellaria lateriflora</i>) ⁺	
Passionflower herb (<i>Passiflora incarnata</i>) ⁺	
Guduchi stem (<i>Tinospora cordifolia</i>) ⁺	
Chamomile flower (<i>Matricaria recutita</i>) ⁺	
Ashwagandha root (<i>Withania somnifera</i>) ⁺	
Vidari Kanda root (<i>Ipomoea digitata</i>) ⁺	
Fennel seed (<i>Foeniculum vulgare</i>) ⁺	
Pippali fruit (<i>Piper longum</i>) ⁺	
Nutmeg seed (<i>Myristica fragrans</i>) ⁺	

⁺Certified Organic **Daily Value not established

A blend of soothing herbs such as bhringaraj, valerian, skullcap and chamomile, I Sleep Soundly is a revitalizing formula that promotes muscular relaxation and a sound, restful sleep.*

Other ingredients, from natural sources: organic maltodextrin, silicon dioxide. Free of gluten, soy and dairy. 100% vegetarian.

*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. Store in a cool, dry place. Keep out of reach of children. Do not use if seal is broken or missing.

Distributed by
Banyan Botanicals,
Albuquerque, NM 87113

Certified organic by
New Mexico Department
of Agriculture



1-800-953-6424 www.banyanbotanicals.com

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