



F1316B
Rev: 1 03/13

Best
Before:
Lot#:

MegaFood™

Fresh From Farm To Tablet™

Dream Release™

Relax • Sleep • Renew*



MINERAL & HERBAL
DIETARY SUPPLEMENT

60
TABLETS
60
SERVINGS



Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

Amount per Serving	% DV ▼
Magnesium (Amino Acid Chelate) 100 mg	25
Valerian Root Extract 4:1 (<i>Valeriana officinalis</i>)	300 mg **
California Poppy Extract (<i>Eschscholzia californica</i>)..	200 mg **
Vervain Whole Herb Powder (<i>Verbena officinalis</i>) ...	150 mg **
Sensoril®† Ashwagandha (<i>Withania somnifera</i>) Root & Leaf Extract (8% Withanolides)	100 mg **

** % Daily Value (DV) not established

Other Ingredients: Plant Cellulose, Vegetable Lubricant, Silica.

Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

† Sensoril® is a trademark of Natreon, Inc.
and is Protected under U.S. Patent 6,713,092

Warning: If you are pregnant or nursing, consult your healthcare practitioner before taking this product.

Made with Love by MegaFood, PO Box 325, Derry, NH 03038
To learn more, visit megafood.com or call 800.848.2542

MegaFood cares about doing things the right way – we refuse to take shortcuts, and we never compromise on quality or the things that matter. Since 1973, we have been going out of our way to source fresh and local foods from trusted farmers. We then make our wholesome supplements using our one-of-a-kind process to deliver the most authentic nutrition – much more than vitamins alone.

Dream Release helps to promote a restorative and restful sleep.* Replenishing magnesium, combined with calming botanicals including Valerian and California poppy help ease occasional restlessness and tension, so that you can have a restful and sound sleep.* Vervain was included in Dream Release because of its traditional use as a botanical known to promote a dream state. Dreaming plays a central role in maintaining emotional health and a positive outlook.*

* 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.