

Gently soothe away the tension with Solgar's Sweetest Dreams™*. This is a terrific choice for those experiencing occasional sleeplessness, those with jet lag or anyone wanting to promote a restful, relaxed state*.

*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.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

Keep out of reach of children.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com



SWEETEST DREAMS™

Promotes Sound Sleep*
DIETARY SUPPLEMENT

30 VEGETABLE CAPSULES
SUITABLE FOR VEGETARIANS
SUGAR AND SALT FREE

Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving

L-Theanine (Suntheanine®)	100 mg**
Melatonin (as N-Acetyl-5-Methoxytryptamine)	3 mg**

**Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule at bedtime as Melatonin may produce drowsiness, or as directed by a healthcare practitioner.

Sweetest Dreams™ Vegetable Capsules are free of corn, yeast, wheat, soy, gluten and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. Not intended for use by persons under the age of 18.

Suntheanine® is a registered trademark of Tayo International, Inc. Use of Suntheanine® is protected by U.S. Trademark Registration No. 2548957.

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CAREFULLY MANUFACTURED BY:
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