

Power to Sleep PM® - Attaining restful and sustained sleep is fundamental to health and well being. That's why we created Power to Sleep PM®. This unique formula is designed to help you relax before bed, to sleep soundly throughout the night, and to wake-up feeling refreshed in the morning.*

- **Promotes Relaxation:** A combination of soothing nutrients helps to relax the body and calm the mind.*
- **Stimulates Sleep:** Melatonin and GABA help to promote the onset of sleep and are keys to maintaining a normal sleep cycle.*
- **Supports Balance:** L-Theanine helps to reduce the effects of stress, while minerals (Calcium, Magnesium) help to replenish essential nutrient stores.*

This advanced formula focuses on these 3 targeted areas to promote restful sleep without causing early-morning drowsiness.* Use this product for occasional sleeplessness or on a daily basis to promote relaxation before bedtime.*

What makes us different:

Liquid Soft-Gels - The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and offer no nutritional value. *Advanced Liquid Soft-Gels provide an optimum delivery system.*

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Quality Assurance - Irwin Naturals® is committed to providing the highest quality products for your health. We employ compliance testing to ensure purity and potency.

Global Responsibility - Over the years we have donated to organizations that support the environment and the health of our children.

Patented BioPerine® - BioPerine® enhances the bioavailability, absorption and potency of many nutrients.*

Usage Warnings: Use only at bedtime. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

QUESTIONS: Call Consumer Affairs 1-800-297-3273
Weekdays 8:00 AM to 5:00 PM (PST)
Questions@IrwinNaturals.com

3040-LAB-10/14 IN036838 V12



Power to Sleep PM® Wake Up Refreshed*



Promotes Restful Sleep
and a Healthy Sleep Cycle*

60 LIQUID SOFT-GELS
DIETARY SUPPLEMENT

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gels 30 minutes before bedtime to promote a restful sleep.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels
Servings per Container: 30

	Amount per Serving	%Daily Value
Calcium (as Calcium Citrate)	11 mg	1%
Magnesium (as Magnesium Citrate)	12 mg	3%
Flaxseed oil	1067 mg	†
Valerian extract (0.8% valerenic acid)(root)	200 mg	†
Ashwagandha extract (4.5% withanolides)(root)	150 mg	†
Hops extract (4:1)(flower)	150 mg	†
Passionflower extract (3.5% vitexin)(flower)	150 mg	†
Lemon Balm extract (5% rosmarinic acid)(herb)	150 mg	†
GABA (Gamma-Aminobutyric Acid)	100 mg	†
L-Theanine	50 mg	†
Melatonin	2 mg	†
BioPerine Complex	6 mg	†
BioPerine® Black Pepper extract (65% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, soy lecithin, beeswax, maltodextrin, caramel color and titanium dioxide.

Contains: Soy

*BIOPERINE® is a registered trademark of Sabinsa Corporation.

No preservatives added.

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
Irwin Naturals® 5310 Beethoven Street, Los Angeles, CA 90066
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To join our Wellness Club and receive tips on how to improve your health, please visit us at www.IrwinNaturals.com/wellness1