

SUGGESTED USE For a restful night's sleep, consume one capsule 30 minutes before bedtime or as recommended by a health care professional. As many as 3 capsules can be taken before sleep, but no more than 3 capsules in any 24-hour period. **For answers to questions about the use of this product call 800.800.1200.**

WARNING Not for use if you are pregnant or lactating, driving a motor vehicle, operating machinery or using sedative drugs. If you are under a physician's care, seek their advice before using this product. Discontinue use at least two days before any procedure requiring general anesthesia.

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Founder of PROCAPS LABS

QUESTIONS? RE-ORDERS?
CALL 800.800.1200
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NIGHT TIME™

MELATONIN · VALERIAN ROOT

HOPS · PASSIONFLOWER · CHAMOMILE



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ALL-SOLAR
MANUFACTURING

360 Easy-to-Swallow Capsules

Andrew Lessman's NIGHT TIME is a gentle balanced blend of natural ingredients designed to help promote a restful night's sleep without a morning-after "hangover." The pace and stress of modern life, along with the normal aging process seems to conspire to prevent a restful night's sleep. As a result, we often find ourselves fatigued throughout the day, since sleep is our body's means of recovering from the demands of daily life. **Night Time** is not intended to be a "sleeping pill" to "knock you out," but is designed to provide the natural tools to help you fall asleep naturally thereby achieving a restful night's sleep. **Night Time** begins with our body's primary sleep scheduling substance - **Melatonin** at levels intended to gently encourage sleep without dependency or hangover. We then add 5-hydroxytryptophan (5-HTP) from Griffonia Simplicifolia Seed because of its role in serotonin synthesis, which helps to enhance sleep quality while also helping to support positive mood. We then include four of Mother Nature's most powerful soothing, relaxing plants: **Valerian Root**, **Hops**, **Passionflower** and **Chamomile**. All of these plants have been used traditionally for centuries to encourage relaxation and a restful night's sleep. Each of these botanicals is included as an exceptional quality standardized extract to insure the delivery of their most important sleep and relaxation supporting components. A good night's sleep is essential to a happy, healthy life and our **Night Time** provides the comprehensive support necessary to safely and naturally help you achieve the restful night's sleep required to wake up energized and refreshed the next day.

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 Capsule	Servings Per Container 360	%DV*
Amount Per Serving		
Calcium (as calcium carbonate)	70 mg	7%
Magnesium (as magnesium oxide)	30 mg	7%
Melatonin	1.5 mg	†
5-HTP (from Griffonia simplicifolia (seed) extract)	10 mg	†
Valerian, extract (root) standardized to 0.8% valerenic acids	150 mg	†
Hops, extract (flower) standardized to 5% alpha bitter acid	50 mg	†
Passionflower, extract (flower) standardized to 3.5% vitexin	50 mg	†
Chamomile, extract (flower) standardized to 1% apigenin glycosides	50 mg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Gelatin capsule. **NO ADDITIVES.**