

*New and Improved!*

**Restal<sup>®</sup>**

*Sleep  
Support\**

**Herbal Supplement**

**30 CAPSULES**

## Supplement Facts

Serving Size 1 Capsule

| Amount Per Serving                                                                                                                                  | % Daily Value |   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---|
| Lemon balm extract<br>(aerial parts) [Standardized for 14-25% Total<br>Hydroxycinnamic acids (11.2-20 mg) and 7-15%<br>Rosmarinic acid (5.6-12 mg)] | 80 mg         | † |
| Hops extract (strobiles)<br>[Standardized for 0.3% rutin (180 mcg)]                                                                                 | 60 mg         | † |
| Kava kava extract (root)<br>[Standardized for 30% kavalactones (36 mg)]                                                                             | 120 mg        | † |
| Melatonin                                                                                                                                           | 2 mg          | † |
| Valerian root extract (root)<br>[Standardized for 0.8% valerenic acids (2 mg)]                                                                      | 250 mg        | † |

† Daily Value not established.

**OTHER INGREDIENTS:** RICE FLOUR, GELATIN, MAGNESIUM STEARATE, MALTODEXTRIN AND SILICON DIOXIDE.

**DISTRIBUTED BY:** INDIANA BOTANIC GARDENS, INC.

3401 W. 37TH AVE. HOBART, IN 46342

**Suggested Use:** Take 1 capsule daily, with a snack, at bedtime, as a dietary supplement, or as directed by a physician.



**Warning:** If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician.

**\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.) Best if used by date on bottle. Store in a dry, cool place.

**KEEP OUT OF REACH OF CHILDREN**

**Any Questions? 1-800-644-8327**

**Website: [www.botanicchoice.com](http://www.botanicchoice.com)**

