

SUGGESTED USE: Take one capsule with water 30 minutes prior to bedtime.

Our **Ultimate Sleep Formula** is a 4 part vitamin-mineral-amino acid-herbal combination to encourage natural, restful sleep. Two B vitamins play key roles in the production of adrenal hormones and essential neurotransmitters that regulate sleep patterns.[†] Magnesium aids in calming the nerves and relaxing the muscles, which in turn can help individuals fall asleep.[†] GABA is an amino acid that calms an over-excited brain, and L-Theanine, also an amino acid, stimulates the brain's production of relaxing alpha waves.[†] Lastly, five traditional herbs are included — chamomile, passion flower, hops, and lemon balm — long used to reduce anxiety and aid sleep.[†]

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

[†]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.

ULTIMATE SLEEP FORMULA

with Calming Botanical Complexes

Supports Healthy Sleep[†]

Dietary Supplement

50 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 50

Amount Per Serving	% Daily Value	
Vitamin B6 (as pyridoxine HCl)	1 mg	50%
Pantothenic Acid (as calcium pantothenate) ..	50 mg	500%
Magnesium (citrate)	40 mg	10%
GABA	180 mg	*
L-Theanine	120 mg	*
Chamomile (flowers)	75 mg	*
Passion Flower Extract	20 mg	*
Hops Extract (<i>Humulus Lupulus</i> 4:1) Flower	20 mg	*
Lemon Balm (leaf)	10 mg	*

* Daily Value not established.

OTHER INGREDIENTS: vegetable capsule (cellulose), cellulose (vegetable source), magnesium stearate (vegetable source), silica.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF REACH OF CHILDREN.

VL 454-50A

