

Putting Health In Order™

*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.

ATEASE PM™

is designed to help you fall asleep and stay asleep all night long, so you can wake up refreshed.*

Quality & Purity Guaranteed
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Questions:
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reddremedies.com

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ATEASE PM

Travel Size



Promotes Restful Sleep*
Calms Nervous Tension at Bedtime*
Promotes Healthy Brain Function*

ALL NATURAL SLEEP AID

Non-Habit Forming
Dietary Supplement
7 Vegetarian Capsules



Gluten Free



WARNING: Drowsiness may occur. Avoid driving, operating heavy machinery, or consuming alcohol while using this product. If pregnant, nursing or taking prescription drugs, discuss all products used with a healthcare practitioner. Keep out of reach of children. **CONTAINS:** NO: sugar, sodium, yeast, wheat, gluten, corn, dairy products, artificial flavoring or coloring, preservatives or animal ingredients.

Suggested Use: 1 capsule before bedtime.
For daytime support, use At Ease™.

Supplement Facts

Serving Size: 1 vegetarian capsule

Servings Per Container: 7

Amount Per Serving		%DV
Vitamin B-1 (as thiamine HCl)	6mg	400%
Niacinamide	8mg	40%
Vitamin B-6 (as pyridoxine HCl)	2mg	100%
Magnesium (as amino acid chelate)	50mg	13%
Healthy Sleep Blend	200mg	†
California Poppy (<i>Eschscholzia californica</i>) Extract		
Hops (<i>Humulus lupulus</i>) Strobile Extract		
Lemon Balm (<i>Melissa officinalis</i>) Herb Extract		
GABA (Gamma-aminobutyric acid)	150mg	†
L-Theanine (Suntheanine®)	50mg	†
L-5-Hydroxytryptophan (5-HTP) (From <i>Griffonia simplicifolia</i> seed)	50mg	†

† Daily Value (DV) not established

Other ingredients: vegetarian capsule (vegetable fiber and water), microcrystalline cellulose, vegetarian source magnesium stearate, silicon dioxide.