

**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 800.808.7311.**

**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*  
Andrew Lessman  
Founder of ProCAPS LABS

THIS PRODUCT IS ONLY AVAILABLE FROM



800.944.9999  
WWW.HSN.COM



800.800.1200  
ProCAPSLABS.COM

# NIGHT TIME™

MELATONIN • VALERIAN ROOT  
HOPS • PASSIONFLOWER • CHAMOMILE



DIETARY SUPPLEMENT



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 ensure 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.

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.

**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

**CONTAINS NO ADDITIVES OF ANY KIND.**

## Supplement Facts

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