

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, four traditional herbs are included — chamomile, passion flower, hops, and lemon balm — long used to reduce anxiety and aid sleep.[†]

To report a serious adverse event,

call 1-888-710-0006



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
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Vitamin B6 (as pyridoxine HCl)	1 mg 50%
Pantothenic Acid (as calcium pantothenate)	50 mg 500%
Magnesium (citrate).....	40 mg 10%

GABA (gamma amino butyric acid)	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, MAGNESIUM STEARATE (VEGETABLE SOURCE), SILICA.

Manufactured for: EnergyFirst
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Manhattan Beach, CA 90266
www.energyfirst.com

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

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

Keep out of reach of children. Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.

† 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.

Made in the **USA**

VVL 454-50A