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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule daily, with or without food, or as recommended by a healthcare practitioner. May be taken during daytime for stress or before bed to help with sleep.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Sendara® is a registered trademark of NutraGenesis, LLC., and is protected under U.S. Patent No. 8,206,757.



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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.



Q01511D

LifeExtension®

Enhanced Natural Sleep® without Melatonin



Sleep Better, Look Better

Dietary
Supplement

30 Capsules

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value
Sendara® [proprietary blend of Ashwagandha (<i>Withania somnifera</i>) extract (root and leaf) standardized to withanolide glycoside conjugates and Amla (<i>Phyllanthus emblica</i>) extract (fruit) standardized to low molecular weight hydrolysable tannins]	200 mg **
Casein decapeptide† (Bioactive Milk Peptides)	150 mg **

**Daily Value not established

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, vegetable stearate, silica.

Contains milk (casein decapeptide).

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
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To report a serious adverse event or obtain product information, contact 1-866-280-2852.
Store tightly closed in a cool, dry place.