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Rev: 1 01/16
Best Before:
Lot#:

MegaFood®

Fresh From Farm To Tablet™

Dream Release™

Relax • Sleep • Renew



MINERAL & HERBAL
DIETARY SUPPLEMENT

30
TABLETS
30
SERVINGS



Supplement Facts

Serving Size 1 Tablet

Servings per Container 30

Amount per Serving	% DV ▼
Magnesium (Rice Amino Acid Chelate)	85 mg 21
Magnesium (300 mg†; <i>S. cerevisiae</i>)	15 mg 4
Valerian Root Extract 4:1 (<i>Valeriana officinalis</i>)	300 mg **
California Poppy Extract (<i>Eschscholzia californica</i>) ..	200 mg **
Vervain Whole Herb Powder (<i>Verbena officinalis</i>) ...	150 mg **
Sensoril® Ashwagandha (<i>Withania somnifera</i>) Root & Leaf Extract (8% Withanolides)	100 mg **

** % Daily Value (DV) not established

† Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Silica, Plant Cellulose, Guar Gum, and Vegetable Lubricant.

Suggested Use: Take one tablet, as needed, before bedtime. May be taken on an empty stomach.

* Sensoril® is a trademark of Natreon, Inc. and is Protected under U.S. Patent 6,713,092

Warning: If you are pregnant or nursing, consult your healthcare practitioner before taking this product.

Made with Love by MegaFood, PO Box 325, Derry, NH 03038
To learn more, visit megafood.com or call 800.848.2542

MegaFood cares about doing things the right way - we refuse to take shortcuts, and we never compromise on quality or the things that matter. Since 1973, we have been mastering the art of wholesome nourishment, focusing on authentic nutrition that your body just gets - pure and potent formulas for whole-body health.

FoodState Nutrients™ are made with fresh, real foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.

Dream Release helps to promote a restorative and restful sleep.* Replenishing magnesium, combined with calming botanicals including Valerian and California poppy help ease occasional restlessness and tension, so that you can have a deep and sound sleep.* Vervain was included in Dream Release because of its traditional use as a botanical known to promote a dream state. Dreaming plays a central role in maintaining emotional health and a positive outlook.*

* 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.

