



ABOCA S.p.A, ITALY
GAIA VALIDATED PARTNER
Aboca cultivates 2000 acres of certified organic medicinal herbs at their farm & manufacturing facility in Tuscany and is a respected European leader in sourcing premium quality, non-regional plants from all over the world.



meetyourherbs[®]

ID# 00072047

Track the life story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

PURITY: Trace the origin of each herb back to its source.

INTEGRITY: See analytical results for this product.

POTENCY: Validate each herb's full phytochemical complex.

RapidRelief™

Conditions that come rapidly can go rapidly, when you give your body the right support. Gaia Herbs' RapidRelief™ products deliver results fast so you can get back to living life.

Sleep & Relax™

Irritability and tension are common complaints that may prevent a full night of restful sleep. *Sleep & Relax™* is a non-habit forming formula with herbs traditionally recognized to support tranquil sleep, promoting deep sleep at night and allowing you to feel well rested in the morning.*

A partnership of mutual beliefs

Sleep & Relax™ is produced in Tuscany, Italy by Aboca, the herbal supplement leader in more than 25,000 European pharmacies and health food stores since 1978. Gaia Herbs' partnership with Aboca is born from a mutual belief in sustainable product development, dedication to quality, and a deep respect for science and nature working in harmony.



RapidRelief™

Sleep & Relax

Promotes relaxing & restorative sleep*

Aids in relaxation*
Freeze-dried Passionflower extract

Supports healthy sleep patterns*
Proprietary herbal blend

meetyourherbs[®]
SEE BACK OF BOX TO LEARN HOW



50 CAPSULES
DIETARY SUPPLEMENT

Suggested Use

Adults take two capsules before going to bed or as directed by a qualified health care professional.

Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, please consult with your doctor before using this product. Keep away from children. Use only as directed on label. Safety sealed for your protection. Keep bottle capped and store in a cool, dry place. Avoid alcohol and do not drive or operate machinery while taking this product.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 25

	Amount Per Serving	%Daily Value
Passionflower leaf (<i>Passiflora incarnata</i>) multi-fraction freeze-dried extract (Passiflo2-LMF)	386 mg	†
Valerian root (<i>Valeriana officinalis</i>) freeze-dried extract and powder (WPC**)	290 mg	†
Proprietary Blend	290 mg	†
Lemon balm leaf freeze-dried extract and powder (WPC**) (<i>Melissa officinalis</i>); California Poppy flower tops freeze-dried extract and powder (<i>Eschscholzia californica</i>); Lavender flowers (<i>Lavandula angustifolia</i>) essential oil; Marjoram herb (<i>Origanum majorana</i>) essential oil.		

†Daily Value not established. **Whole PhytoComplex Concentrate

Other ingredients: Vegetable cellulose [capsule]

PRODUCT OF ITALY

Manufactured for Gaia Herbs by Aboca S.p.A. – Italy.
Distributed by:



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www.gaiaherbs.com

*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.

Passionflower