

The Higher Potency Melatonin Formula that Helps you Fall Asleep Faster!

Rapid Sleep PM[®] EXTRA delivers powerful relief from occasional sleeplessness.* This unique formula is designed to help counteract the effects of stress and to help guide you into deep, restorative sleep.

Rapid Sleep PM[®] EXTRA supplies a blend of soothing botanicals that are traditionally used in sleep formulas.* Plus, it features 6 mg of melatonin to help you fall asleep faster and to promote deeper sleep.*

* 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.

DISTRIBUTED, FORMULATED AND QUALITY TESTED BY:
Applied Nutrition[®] P.O. Box 66457, Los Angeles, CA 90066

www.AppliedNutrition.com



6 mg Melatonin per night

RAPID SLEEP PM[®] EXTRA

6 mg Melatonin
plus Soothing Chamomile*

DIETARY SUPPLEMENT • 40 TABLETS

DIRECTIONS: (Adult) For relief of occasional sleeplessness, take two (2) tablets 30 minutes before bedtime with a glass of water.

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 20

	Amount per Serving	%Daily Value
Relax and Unwind Blend	800 mg	↑
Chamomile powder (aerial), Hops powder (strobiles), Passionflower powder (flowers)		
Melatonin	6 mg	↑
*Daily Value not established		

Other Ingredients: Microcrystalline cellulose, dicalcium phosphate anhydrous, stearic acid, silicon dioxide, croscarmellose sodium, magnesium stearate, sodium carboxymethylcellulose, dextrose, soy lecithin, sodium citrate and dextrin.

Contains: Soy

Usage Warnings: Use only at bedtime. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.
WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

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Optimal Sleep Cycle



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Promote Relaxation,
Fall Asleep Faster,
Improve Sleep Quality &
Wake Up Refreshed*

plus Soothing Chamomile*



Higher Potency Melatonin Formula
plus Chamomile

Fall Asleep Faster, Sleep more Soundly
and Wake up Refreshed*

DIETARY SUPPLEMENT • 40 TABLETS

Lot # • Use by

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Tips for Better Sleep:

- ✓ Avoid eating late at night, as this can make it hard for your body to relax into a state of sleep.
- ✓ Turn off the television, stereo and computer 30 minutes before bed to help calm your mind.
- ✓ Remove clutter from your bedroom to create a sense of peace in your surroundings.
- ✓ Make sleeping the primary activity in bed. Watching television, reading, eating or doing work in bed can make it difficult to transition into sleep.
- ✓ Keep a notepad and pen next to your bed to release thoughts that may pop up during the night and keep you from falling back to sleep.



Applied Nutrition[®] is committed to developing science-based products that exceed the highest standards for quality and purity. As a leader in innovation, we continuously strive to bring forward new ideas and groundbreaking formulas that enhance health and well-being. To view our entire line of products, please visit us online at:

www.AppliedNutrition.com