

USP < 30mg



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

3mg Melatonin per night!



Plus Valerian, Hops and Passionflower
in Fast-Acting Liquid Soft-Gels*

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

DIETARY SUPPLEMENT • 60 LIQUID SOFT-GELS

The Three Stages of Rapid Sleep PM®

- 1. Relax with Soothing Botanicals***
Our soothing botanical blend promotes relaxation of the body and mind. This calming formula delivers three highly prized botanicals - Passionflower, Hops & Valerian - that are traditionally used for sleep.*
- 2. Fall Asleep Fast and Sleep Soundly***
Melatonin, a compound naturally produced by your brain at night, helps you fall asleep faster and promotes deeper sleep when taken as a supplement for occasional sleeplessness.*
- 3. Wake Up Feeling Refreshed***
Valerian has been researched for its benefits in promoting relief of occasional sleeplessness.* In one preliminary study of 126 people, a significant portion of those taking Valerian reported an improvement in sleep quality without next morning drowsiness.*

Optimal Sleep Cycle



*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.

The three stages of Rapid Sleep PM® promote a healthy sleep cycle to assist you with occasional sleeplessness.*

- Stage 1 - Relax with Soothing Botanicals*
- Stage 2 - Fall Asleep Fast and Sleep Soundly*
- Stage 3 - Wake Up Feeling Refreshed*

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.

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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.

Rapid Sleep PM® provides a powerful alternative to tablets and capsules... a breakthrough science-based formula that you can actually feel working.* Part of the secret is in our *Fast-Release Liquid Soft-Gel* technology. It allows nutrients to be released quickly in your stomach, so they can get to work fast. To improve the taste, our mildly sweet and easy-to-swallow soft-gels have a pleasant vanilla flavor.

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



DIETARY SUPPLEMENT • 60 LIQUID SOFT-GELS

Liquid Soft-Gel Rapid Sleep PM®

DIRECTIONS: (Adult) For relief of occasional sleeplessness take two (2) Liquid Soft-Gels 30 minutes before bedtime with a glass of water.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels
Servings per Container: 30

	Amount per Serving	%Daily Value
Rapid Sleep & Soothing Botanical Blend	800 mg	†
Valerian extract (0.8% valeric acid)(root),		
Hops extract (4:1)(strobile), Passionflower		
extract (4:1)(aerial)		
Melatonin	3 mg	†
†Daily Value not established		

Other Ingredients: Soybean oil, gelatin, purified water, glycerin, soy lecithin, beeswax, titanium dioxide, caramel color, silicon dioxide, natural vanilla flavor, and red cabbage juice.

Contains: Soy

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Applied Nutrition® P.O. Box 66437, Los Angeles, CA 90066

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.

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