

Swanson® Condition Specific Formulas

Sleep Essentials

Dietary Supplement



60 capsules

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one capsule before bed with 8 ounces of water.

WARNING: May produce drowsiness, do not drive an automobile or operate heavy equipment after taking. Do not take this product if you are pregnant or nursing, have an autoimmune condition or a depressive disorder or are under 16 years of age. Consult your healthcare provider before use if you are taking prescription medications, especially sedatives or tranquilizers.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Calcium (from calcium carbonate)	40 mg	4%
Magnesium (from magnesium oxide)	30 mg	8%
Valerian Root (<i>Valeriana officinalis</i>)	100 mg	*
Chamomile Flower (<i>Matricaria chamomilla</i>)	75 mg	*
Hops Flower (<i>Humulus lupulus</i>)	75 mg	*
Skullcap Herb (<i>Scutellaria</i> sp.) (aerial parts)	75 mg	*
L-Taurine	50 mg	*
Passionflower (<i>Passiflora incarnata</i>) (aerial parts)	50 mg	Δ *
GABA (gamma-aminobutyric acid)	25 mg	*
Melatonin	3 mg	*

*Daily Value not established.

Other ingredients: Rice flour, gelatin, magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS • PO Box 2803 • Fargo, ND 58108 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com



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