

Suggested usage: 2 capsules per day before bedtime or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Three Brains™ is a line of supplements designed to support the critical relationship between our head, heart, and gut. Together, these three “brains” influence our mental health and cognition.

The Best-Sleep™ combines five non-habit-forming natural ingredients that have been traditionally used by herbalists as mild sleep aids, especially in cases of restlessness or occasional sleeplessness due to everyday mental stress.* The ingredients in this unique formula also have an analgesic effect that further promotes relaxed and restful sleep.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* 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.



LOT & EXPIRY
0.6875" x 0.4375"
Double Line

DIETARY SUPPLEMENT

THE **BEST-SLEEP**™



Supports relaxation &
promotes restful sleep*

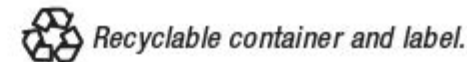
90 vegetarian capsules

Supplement Facts

Serving Size 2 Vegetarian Capsules
Servings Per Container 45

	Amount Per Serving	% Daily Value
Passionflower Extract 4:1 (<i>Passiflora incarnata</i>) (aerial)	250 mg	**
Skullcap Extract 4:1 (<i>Scutellaria lateriflora</i>) (aerial)	150 mg	**
California Poppy Extract 4:1 (<i>Eschscholzia californica</i>) (aerial)	125 mg	**
Hawthorn Powder (<i>Crataegus oxyacantha</i>) (berry)	125 mg	**
Linden Extract 5:1 (<i>Tilia cordata</i>) (flower)	100 mg	**
** Daily Value not established.		

Other ingredients: Microcrystalline cellulose, vegetarian capsule (carbohydrate gum [cellulose], purified water), magnesium stearate (vegetable grade), silica.



PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
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