

30 CAPSULES

Herbal Supplement

Nutritional Sleep
Support*

Restal®

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Lemon balm extract (aerial parts) [Standardized for 14-25% Total Hydroxycinnamic acids (11.2-20 mg) and 7-15% Rosmarinic acid (5.6-12 mg)]	80 mg	†
Hops extract (strobiles) [Standardized for 0.3% rutin (180 mcg)]	60 mg	†
Kava kava extract (root) [Standardized for 30% kavalactones (36 mg)]	120 mg	†
Melatonin	2 mg	†
Valerian root extract (root) [Standardized for 0.8% valerenic acids (2 mg)]	250 mg	†

† Daily Value not established.

OTHER INGREDIENTS: RICE FLOUR, GELATIN CAPSULE, MAGNESIUM STEARATE, MALTODEXTRIN, SILICON DIOXIDE.

DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC.

3401 W. 37TH AVE. HOBART, IN 46342



Suggested Use: Take 1 capsule daily, with a snack, at bedtime, as a dietary supplement, or as directed by a physician.

Warning: If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician.

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)
Best if used by date on bottle. Store in a dry, cool place.
KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

