

Directions: Take 2 capsules 30 minutes before bedtime.
Store in a cool, dry place away from direct sunlight.

Supplement Facts

Serving size: 2 capsules (1150mg) **Servings per container:** 15

Amount per serving % DV [^]		
Valerian Root Extract (0.8% Valerenic Acids)	400 mg	†
KSM-66® Ashwagandha Root Extract (5% Total Withanolides)	250 mg	†
L-Theanine	100 mg	†
Restful Sleep Proprietary Blend	75 mg	†
[Hops 4:1 Extract (Strobile), Passionflower 4:1 Extract (Aerials), Lemon Balm 4:1 Extract (Leaf), GABA]		
Lactium® 90 [90% Milk Protein (Casein) Hydrolysate]	25 mg	†
Melatonin (Rapid & Timed Release)	5 mg	†
Absorption Boost Blend	10 mg	†
(BioPerine®, Ginger Extract)		

Other Ingredients: Hypromellose, titanium oxide, microcrystalline cellulose, silica, rice bran extract and sunflower oil **Contains:** Milk

Nutrition Facts per serving		%DV [^]
Energy	1.2 kcal / 5kJ	0%
Protein	0 g	0%
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Carbohydrates	0.2 g	0%
Sugars	0.1 g	0%
Dietary Fiber	0.1 g	0%
Sodium	1.2 g	0%

† Daily Value not established ^Percent Daily Values are based on a 2,000 calorie diet.

*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.

Ingredients: Valerian, ashwagandha, thickener (hydroxypropyl methyl cellulose), color (titanium dioxide), L-theanine, milk protein hydrolysate, passionflower, hops, gamma-aminobutyric acid, lemon balm, rice bran, sunflower oil, anti-caking agent (microcrystalline cellulose, silica), melatonin, ginger, black pepper

KSM-66® is a registered trademark of Ixoreal Biomed Inc.
Lactium® is a registered trademark of Ingredia Nutritional.
MicroActive® Melatonin is a registered trademark of BioActives, LLC.
BioPerine® is a registered trademark of Sabinsa Corporation.

Non-GMO, vegetarian, naturally gluten free, no artificial colors or flavors

Best Before (DD/MM/YY): Please see date on box.

此日期前最佳 (日/月/年):

Net Weight: 17.25g (0.61oz)

Distributed by:

USA: Life Nutrition Group Inc. 6402 8th Ave., Brooklyn, NY 11220

Hong Kong: Life Nutrition Int'l Co. Ltd. 2813, 188 Connaught Rd W.

Made in USA LifeNutrition.com



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SLEEP
TONIGHT

SLEEP TONIGHT

Formulated with 9 natural ingredients
including timed release Melatonin

- ✓ Relieves stress & promotes relaxation*
- ✓ Prolongs deeper sleep stages & reduces night-time awakenings*
- ✓ Non-habit forming natural ingredients



30 VEGETARIAN
CAPSULES
DIETARY SUPPLEMENT



Fall asleep faster*
Maintain healthy sleep cycle*
Wake up refreshed*



Stress relief*
Traveler-friendly
100% drug free