

Restal[®]

Nutritional Sleep
Support*

Herbal Supplement

30 CAPSULES

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 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.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

***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.)

Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

