

Targeted Ingredients:
RemiSure™ Black Cohosh:
clinically proven to relieve
menopausal symptoms*
Restful Sleep Blend™:
relieves occasional
sleeplessness*

Remifemin®
Good Night

ESTROGEN FREE

DIETARY SUPPLEMENT

Remifemin®
Good Night

Relief from:
Hot Flashes* • Night
Sweats* • Mood Swings*

and

Fall Asleep, Stay
Asleep.* Wake up
Refreshed.*

21 Tablets
One per Night

*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.

THIS PRODUCT HAS A
TAMP-EVIDENT FOIL
POUCH. DO NOT USE
IF FOIL OR POUCH
IS PUNCTURED!

Remifemin®
Good Night

Remifemin®
Good Night



Remifemin®
Good Night
menopause relief*

**ENZYMATIC
THERAPY™**

Sound Sleep and Brighter Days*

Herbal menopause relief with RemiSure™ black
cohosh is one of the most tested brands. Our
exclusive, standardized extract of black cohosh is
clinically proven to provide significant relief of hot
flashes, night sweats and mood swings.*

and

Improved night-time sleep with our herbal
Restful Sleep Blend™.*

The herbs in the Restful Sleep Blend have
been shown to improve: Falling asleep,
staying asleep and quality of sleep.*

Hormone-Free

Completely free of hormones, without plant-based
estrogens, Remifemin Good Night menopause
relief* is ideal for women who choose not to take
Hormone Replacement Therapy (HRT).

For more information, visit remifemin.com
or call 1-800-783-2286

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Schäper & Brümmer GmbH & Co. KG.

Supplement Facts

Serving Size 1 tablet

Amount per tablet

Restful Sleep Blend™**	286 mg**
valerian root extract, lemon balm leaf extract, and hops strobile extract	
Black Cohosh (RemiSure™ brand) Extract (Root and Rhizome)	
Equivalent to	40 mg**

**Daily Value not established.

Other ingredients: cellulose, modified cellulose, maltodextrin,
magnesium stearate, silicon dioxide, titanium dioxide color, soy
lecithin, spirulina color, carnauba wax

Our black cohosh extract is standardized to be equivalent to 40 mg
black cohosh root and rhizome.

Recommendation: Take 1 tablet at night with water.

Depending on the severity of symptoms, you can increase your
dose and take 2 tablets. Expect significant sleep improvement
and menopausal symptom relief within a few weeks.* Full
benefits usually occur after 4-12 weeks of consistent use.

CAUTION: Consult a healthcare professional prior to use if taking
prescription drugs, or if you have been treated for breast cancer or any
other hormone-dependent cancer. Do not use if pregnant or nursing.
Discontinue use and consult a healthcare professional if you have a
liver disorder or develop symptoms of liver trouble, such as abdominal
pain, dark urine, or jaundice. May impair your ability to drive or operate
heavy equipment. Due to additive sedative effect, avoid using with
alcohol. For further instructions please read the enclosed insert.

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