

NightTime Formula is an exclusive blend of high quality standardized extracts that promote normal sleep cycles.*

DIRECTIONS FOR USE: Take one (1) to two (2) capsules with eight (8) ounces of liquid 30 minutes before bedtime for the relief of occasional sleeplessness.*

WARNINGS: Keep out of reach of children. If you are pregnant, trying to become pregnant, or lactating you should not use this product. Consult a physician prior to use if using prescription medication. Discontinue 2 weeks prior to and after surgery. Discontinue use and consult a physician if any adverse reactions occur.

Do not use if safety seal is broken or missing.

*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.



NightTime Formula

Promotes a restful night's sleep*

DIETARY SUPPLEMENT
60 CAPSULES



Supplement Facts

Serving Size 2 Capsules

Amount Per Serving		% Daily Value
Valerian (<i>Valeriana officinalis</i> L.) Root Extract	150 mg	*
Passion Flower (<i>Passiflora incarnata</i>) Extract	75 mg	*
Hops (<i>Humulus lupulus</i> L.) Strobile Powder	50 mg	*
Chamomile Flower (<i>Matricaria recutita</i> L.) Powder	50 mg	*
Lemon Balm (<i>Medissa officinalis</i>) Leaf Powder	50 mg	*
Green Tea (<i>Camellia sinensis</i>) Leaf Extract	143 mg	*
with added L-Theanine		
Melatonin	1 mg	*

* Daily Value not established

OTHER INGREDIENTS: Gelatin, Microcrystalline, Cellulose, Magnesium Stearate, Silicon Dioxide.

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