

Sleepy Sleep™

dietary supplement



30 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Vegetarian Capsule

Amount Per Serving	%DV†
Magnesium (from magnesium citrate).....	20 mg.....5
Hops Flowers 4:1 Extract (<i>Humulus lupulus</i>)	100 mg.....*
Lemon Balm Leaf (<i>Melissa officinalis</i>).....	100 mg.....*
Chamomile Flower Standardized Extract (<i>Matricaria recutita</i>)	75 mg.....*
(standardized to 1.2% apigenin)	
Passionflower Herb 4:1 Extract (<i>Passiflora incarnata</i>).....	50 mg.....*
5-Hydroxytryptophan (5-HTP from <i>Griffonia simplicifolia</i> seed).....	25 mg.....*
Melatonin.....	1 mg.....*

† - % Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable cellulose (from capsule shell) and marshmallow root.

NO soy, salt, yeast, gluten, milk & egg products, sugar, starch, or preservatives.

WARNING: Do not take prior to driving or operating heavy equipment. Not recommended while pregnant or lactating unless directed by health care practitioner. Individuals under 18 years old consult with health care practitioner before use.

As a dietary supplement, one to two capsules
45 to 60 minutes prior to retiring for sleep.

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