

# Calm-R-Rest™

*herbal relaxant*

*dietary supplement*

60 VEGETARIAN CAPSULES



## Supplement Facts

Serving Size: 1 Vegetarian Capsule

| Amount Per Serving                                            |        | % DV† |
|---------------------------------------------------------------|--------|-------|
| Vitamin B6 (from 6 mg pyridoxine HCl)                         | 5 mg   | 250   |
| Calcium (carbonate)                                           | 60 mg  | 6     |
| Magnesium (oxide)                                             | 60 mg  | 15    |
| Valerian Root 4:1 Extract ( <i>Valeriana officinalis</i> )    | 200 mg | *     |
| Hops Strobiles 4:1 Extract ( <i>Humulus lupulus</i> )         | 100 mg | *     |
| Passion Flower 4:1 Extract ( <i>Passiflora incarnata</i> )    | 100 mg | *     |
| Chamomile Flower 4:1 Extract ( <i>Matricaria chamomilla</i> ) | 20 mg  | *     |

† - % Daily Value \* - Daily Value Not Established

Other Ingredients: Vegetable cellulose (preservative-free, from capsule shell), organic rice concentrate, deep mined calcium phosphate, organic rice extract, silica, and peppermint oil.

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

**One or more capsules daily, preferably with meals, as a dietary supplement.**

**May be taken before bedtime  
with a snack.**

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