

Swanson® Condition Specific Formulas

Sleep Essentials

Dietary Supplement



60 veggie capsules

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one veggie capsule before bed with 8 ounces of water.

WARNING: As melatonin may produce drowsiness, do not drive an automobile or operate heavy equipment after taking. Do not take this product if you are pregnant or nursing, have an autoimmune condition or a depressive disorder, or are under 16 years of age. Consult your healthcare provider before use if you are experiencing long-term sleep difficulties, have a medical condition or if you are taking any prescription medications.

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value	
Calcium (from calcium carbonate)	40 mg	3%
Magnesium (from magnesium oxide)	30 mg	7%
Valerian Root (Valeriana officinalis)	100 mg	*
Chamomile (Matricaria recutita) (flower tops)	75 mg	*
Hops Flower (Humulus lupulus) (strobiles)	75 mg	*
Skullcap Extract 4:1 (Scutellaria lateriflora) (aerial parts)	75 mg	*
L-Taurine	50 mg	*
Passionflower (Passiflora incarnata) (aerial parts)	50 mg	*
GABA (gamma-aminobutyric acid)	25 mg	*
Melatonin	3 mg	*

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), maltodextrin, rice flour, calcium laurate, silica.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS** • Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
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