

(mytrition®)

RESTORATIVE
sleep

*for the relief of occasional sleeplessness**

dietary
supplement

60 CAPSULES

**FREE
FROM:**

.....
GLUTEN

.....
SOY

.....
DAIRY

.....
NUTS

ACTUAL SIZE

Supplement Facts

Serving Size 2 Capsules

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Valerian (<i>Valeriana officinalis</i>)(root)	300 mg	*
L-Theanine	200 mg	*
Gamma-aminobutyric acid (GABA)	250 mg	*
5-Hydroxytryptophan (5-HTP) (from Griffonia seed extract)	250 mg	*
Melatonin	2 mg	*

* Daily Value not established.

Other ingredients: Gelatin, rice flour, silica, magnesium stearate.

Does not contain: Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Artificial Colors or Flavors.

V 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.

DIRECTIONS: Take two (2) capsules daily prior to bedtime.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions. Not for use with alcohol or when operating a vehicle or heavy machinery.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094. Visit www.vitaminshoppe.com
or call 1-800-223-1216 for more information
and to reorder.

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