

PLANETARY™
HERBALS

CHAMOMILE SLEEP™

BOTANICAL SUPPORT FOR PEACEFUL SLEEP*

570 MG • 60 TABLETS

HERBAL SUPPLEMENT

Formulated by
Michael Tierra L.Ac, O.M.D

Michael Tierra

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

	Amount Per Serving	%DV
Calories	5	
Dietary Fiber	1 g	4%*
Calcium	155 mg	15%
Sodium	10 mg	<1%

Proprietary Blend: 1.14 g †
Jujube Seed, Chamomile Flower Extract, Hops
Strobiles, Poria Sclerotium, American Ginseng Root,
Ligusticum chuanxiong Rhizome, Anemarrhena
Rhizome, and Licorice Root.

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.
†Daily Value not established.

Other ingredients: dibasic calcium phosphate, stearic acid, acacia gum, silica, modified cellulose gum, and magnesium stearate.

Suggested Use: 2 tablets 1/2 hour before bed with water.

STORE IN A COOL, DRY PLACE.

CHAMOMILE SLEEP™ unites some of the most time-honored botanicals for promoting a restful sleep. The powerful relaxing combination of chamomile and hops are combined with key Chinese herbs including jujube seed, one of the most relied upon botanicals for supporting the nervous system.*

NOTE: If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

*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.

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Manufactured for:

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