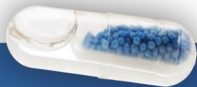


Sleep Answer[®]

Doctor formulated, safe, non-habit-forming[†]

Effective, dual-dose **melatonin breakthrough**

Restore your natural sleep cycle for deep sound sleep every night[†]



Dietary Supplement
56 Dual-Dose Capsules

HEALTHY DIRECTIONS

Capsule enlarged to show detail

Developed with a clinically researched dose of melatonin shown to restore your natural sleep cycle with no morning grogginess

Sleep Answer[®]

"My Sleep Answer formula represents decades of research to bring you an advanced and effective melatonin supplement."

— Dr. Richard Wurtman, MD,
and leading sleep science researcher

Doctor's Suggested Use: If you are taking melatonin now, you should stop a few days before starting Sleep Answer. Take one dual-dose capsule every night, 30 to 60 minutes before bed.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 56

Amount Per Serving	% DV
Melatonin	0.9 mg *

* Daily Value (DV) not established.

Other ingredients: Glycerin, vegetable cellulose, hydroxypropyl methylcellulose, sugar, talc, pharmaceutical glaze, polyvinylpyrrolidone, FD&C Blue Lake #2.

WARNING: For adult use only at bedtime. This product is not to be taken by pregnant or lactating women. If you are taking medication or have a medical condition, consult a physician before using this product. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery.

Keep out of reach of children.

UNCONDITIONALLY GUARANTEED for purity and potency. To preserve quality and freshness, store box in a cool, dry place.



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[†] 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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HEALTHY DIRECTIONS

Healthy Directions
6710 Rockledge Drive, Ste 500
Bethesda, MD 20817
healthydirections.com

Sleep Answer[®]

Advanced dual-dose capsule delivers your first dose right when you're ready to fall asleep, and a second dose a few hours later...
so you stay asleep all night!