

Directions: As a dietary supplement, adults take one (1) capsule daily, or as directed by a health care professional.



Contains No Sugar, Salt, Preservatives, Artificial Colors or Flavors.

**KEEP OUT OF THE REACH OF CHILDREN.
DO NOT USE IF THE SAFETY SEAL IS
DAMAGED OR MISSING.
STORE IN A COOL, DRY PLACE.**

Manufactured for: beMore
2200 N. George Mason Rd.
PO Box 7685
Arlington, VA 22207



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MANUFACTURED
IN A cGMP FACILITY



Manufactured
in the U.S.A.

† 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.

b^e
BEMORE



BE RESTFUL™

REST - REJUVENATE - REVITALIZE†

NATURAL SLEEP AID†

30 453 mg
CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	%DV
Valerian Root Powder	300 mg	*
Hops Powder	150 mg	*
Melatonin	3 mg	*

* Daily Value not established.

Other Ingredients: Vegetable Cellulose Capsule,
Microcrystalline Cellulose, Magnesium Stearate and Silica.

Be Restful is a blend of Valerian Root, Hops and Melatonin. This calming blend helps promote sleep and improves the quality of sleep so you wake rested. This calming blend also helps promote relaxation for people who have difficulty sleeping.†