

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

Sleep Answer[®]

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

“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
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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!