

- ★ *Fall asleep faster & stay asleep**
- ★ *Prolong deeper sleep stages**
- ★ *Reduce nighttime awakenings**



Supplement Facts

Serving Size: 2 Tablets Servings Per Container: 30

Ingredients	Amount Per Serving	% DRV
L-Tryptophan	666 mg	**
Glycine	50 mg	**
Melatonin	4 mg	**
Proprietary Blend	260mg	**
GABA (Gamma Aminobutyric acid), Skullcap Herb Extract, Valerian Root Extract, Chamomile Herb (Aerial Parts), Hops Strobile Extract, Passionflower Herb Extract		

** Daily Reference Value (DRV) not established. ALT60301

Other Ingredients: Sorbitol, Calcium Carbonate, Dicalcium Phosphate, Sodium Croscarmellose, Coating (Polyvinyl Alcohol, Polyethylene Glycol, Titanium Dioxide, Talc, Riboflavin) Magnesium Stearate, Stearic Acid, Silicon Dioxide.

Suggested Use: For adults, two(2) tablets one hour before bedtime.
 Keep out of reach of children.
 Store at 15-30°C (59-86°F).
 Do not use if blister unit is broken.
 Serious adverse events may be reported to the domestic address and/or phone number listed on this label.

WARNING: Individuals under 18 years of age are restricted from purchasing this product. 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. Consult a physician if using more than 4 weeks. As with any adult supplement, do not administer this product to children.
Allergen Warning: May contain Lecithin from Soybeans.

* This statement has 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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Sleep well tonight



Sleep Tonight!



All Natural Sleep Aid

*All-natural dietary supplement to help you sleep when you need it, so you wake up refreshed.**



60 Tablets

With L-Tryptophan



Wake up refreshed*

