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product info

Read the entire label and follow the directions carefully prior to use.
DIRECTIONS: Take one (1) capsule daily 30 to 60 minutes before bedtime, with or without food, or as recommended by a healthcare practitioner.

CAUTION: Consult your healthcare provider before taking this product if you are being treated for a medical condition (especially autoimmune or depressive disorders). Use caution if combining with alcohol. This product is not intended for children, pregnant or lactating women, or women trying to become pregnant. Do not attempt to drive or operate heavy machinery after taking this product.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.

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.

Store tightly closed in a cool, dry place.



Q01551B

LifeExtension®

Enhanced Natural Sleep with Melatonin



Sleep Better, Look Better

Dietary
Supplement

30 Capsules

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value
Sendara® [proprietary blend of Ashwagandha extract (root and leaf) standardized to withanolide glycoside conjugates and Amla extract (fruit) standardized to low molecular weight hydrolysable tannins]	200 mg **
Casein decapeptide (Bioactive Milk Peptides)	150 mg **
Melatonin (immediate release)	1.5 mg **

**Daily Value not established.

Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), vegetable stearate, silica.

Contains milk (casein decapeptide).

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
info@lifeextension.com • www.lef.org
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Sendara® is a registered trademark of NutraGenesis, LLC., and is protected under U.S. Patent No. 8,206,757.



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