

Supplement Facts	
Amount per tablet	Serving Size 1 tablet
Restful Sleep Blend™**	286 mg**
Black Cohosh (Remisure™ brand) Extract (Root and Rhizome) Equivalent to	40 mg**
**Daily Value not established.	

Restful Sleep Blend™**
valerian root extract, lemon balm leaf extract,
and hops stroble extract

Black Cohosh (Remisure™ brand) Extract (Root and Rhizome)
Equivalent to

Other ingredients: cellulose, modified cellulose, maltodextrin,
magnesium stearate, silicon dioxide, titanium dioxide, soy

lecithin, spirulina color, carnauba wax

Our black cohosh extract is standardized to be equivalent to 40 mg

Recommendation: Take 1 tablet at night with water.

Depending on the severity of symptoms, you can increase your dose and take 2 tablets. Expect significant sleep improvement and menopaual symptom relief within a few weeks. * Full benefits usually occur after 4-12 weeks of consistent use.

CAUTION: Consult a healthcare professional prior to use if taking prescription drugs, or if you have been treated for breast cancer or any other hormone-dependent cancer. Do not use if pregnant or nursing.

Discontinue use and consult a healthcare professional if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice. May impair your ability to drive or operate heavy equipment. Due to additive sedative effect, avoid using with alcohol. For further instructions please read the enclosed insert.

Sound Sleep and Brighter Days*

Herbal menopause relief with Remisure™ black cohosh is one of the most tested brands. Our exclusive, standardized extract of black cohosh is clinically proven to provide significant relief of hot flashes, night sweats and mood swings.*

and

Improved night-time sleep with our herbal Restful Sleep Blend™.*

The herbs in the Restful Sleep Blend have been shown to improve: Falling asleep, staying asleep and quality of sleep.*

Hormone-Free

Completely free of hormones, without plant-based estrogens, Remifemin Good Night menopause relief* is ideal for women who choose not to take Hormone Replacement Therapy (HRT).

For more information, visit remifemin.com

or call 1-800-783-2286

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