

## SUGGESTED USE:

As a dietary supplement, Mix one (1) scoop (5g) 30 to 60 minutes before bedtime with water or a beverage of choice, or as recommended by a healthcare practitioner.

## 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 EXCEED DOSE. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Discontinue use if you experience any adverse reactions and seek medical attention.

WARNING: This product contains chemicals that may be known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to: [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food).

\*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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# RAW

# SLEEP

## COMPLETE SLEEP FORMULA

**MIXED BERRY**

NATURALLY AND ARTIFICIALLY FLAVORED  
NET WEIGHT: 150G (5.290Z) | DIETARY SUPPLEMENT

**30**

SERVINGS

## SUPPLEMENT FACTS

Serving size: 1 scoop (5 grams)

Servings per container: 30

Amount Per Serving		% DV
Vitamin C (from ascorbic acid)	90mg	100%
Vitamin B6 (from pyridoxal-5-phosphate)	10mg	294%
Magnesium (from magnesium glycinate)	200mg	48%
Zinc (as zinc citrate)	11mg	100%
L-Tryptophan	500mg	**
Lemon balm extract (leaf) [std. to >7% rosmarinic acid, >14% hydroxycinnamic acid]	300mg	**
Hawthorn extract ( <i>Crataegus laevigata</i> ) (leaf & flower)	250mg	**
NooGandha® (ashwagandha root & leaf extract)	250mg	**
Melatonin	3mg	**

\*\*Daily Value (DV) not established

**Other Ingredients:** Natural and Artificial Flavors, Citric Acid, Malic Acid, Erythritol, Sucralose, Silica, Acesulfame Potassium

**Allergen Information:** This product was produced on shared equipment which also processes Milk, Soy, Wheat, Fish, Shellfish, Tree Nuts, Peanuts, and Sesame.

**RAW**

MANUFACTURED FOR RAW NUTRITION

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FROM THE GROUND UP