

HEALTHY SLEEP

*for a healthy sleep-wake cycle**

Formulated with evidence-based nutraceuticals including passionflower, valerian, hops, chamomile, GABA, L-tryptophan and melatonin, to support a healthy sleep-wake cycle.*

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SLEEP

*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.

BENEFITS

Melatonin | Helps initiate sleep*

GABA | Promotes calmness, relaxation and sleep*

L-tryptophan | Enhances REM sleep*



MELATONIN
for calmness*



GABA
for relaxation*



L-TRYPTOPHAN
for sleep-wake cycle*

DIETARY SUPPLEMENT
60 CAPSULES

SUPPLEMENT FACTS

Serving Size: 1 Capsule

Servings Per Container: 60

Amount Per Serving	% Daily Value
L-Tryptophan	150 mg †
Passionflower Aerial Part Extract	100 mg †
Valerian Root Extract	100 mg †
Gamma Amino Butyric Acid (GABA)	100 mg †
Hops Flower Powder	60 mg †
Chamomile Flower Extract	50 mg †
Melatonin	5 mg †

† Daily Value not established.

Other Ingredients: Hypromellose (Capsule), Microcrystalline Cellulose, Magnesium Stearate.

SUGGESTED USE

As a dietary supplement, adults take 1 serving (1 capsule) at bedtime.

WARNINGS

Store in a cool, dry place. Use only as directed. This product is not intended for persons under the age of 18. Do not drive or operate machinery or consume alcohol when taking this product. This product may cause drowsiness. Consult with your healthcare practitioner prior to consumption if you have any preexisting medical conditions or are on any medication. Keep out of reach of children. Do not use if outer seal is broken or missing.

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