

# SLEEP FORMULA

## Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		% Daily Value
Valerian Root Extract 4:1	250 mg	*
Lemon Balm Extract 5% RA	150 mg	*
L-Theanine	100 mg	*
Hops Extract 4:1	60 mg	*
Chamomile Extract 4:1	25 mg	*
Passion Flower Extract 4:1	25 mg	*
L-Tryptophan	25 mg	*
Melatonin	2.5 mg	*
* Daily Value not established.		

Other ingredients: Capsule shell: Cellulose (vegetarian), Microcrystalline Cellulose, Magnesium Stearate (vegetarian), Rice Flower.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE

SUGGESTED USE: For Adults, take two (2) capsules before going to bed, or as directed by your doctor or a healthcare professional.

CAUTION: This product is not intended for pregnant or nursing mothers or children under 18. If you are taking any medications, or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive or operate machinery, or consume alcohol while taking this product. Individual results may vary.

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.