

CAPSULE SIZE

Made in the USA



Caution: Do not drive or operate machinery after taking this product. The ingredients in this product may interact with alcohol, sedatives, and tranquilizers. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

\*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.

**SUGGESTED USAGE:** As a dietary supplement for adults, take 1-2 capsules one hour before bedtime as needed.

NOW® Sleep is a combination of ingredients formulated to help you ease your mind and relax your body so you can drift naturally off into a restful sleep. NOW® Sleep features Standardized Valerian Extract and Hops that have been traditionally used to promote a calm relaxed state and support rejuvenating sleep. GABA is a neurotransmitter normally produced in the brain and is known to ease nervous tension. NOW® Sleep thus relaxes the nervous system to help you enjoy a tranquil night and wake up refreshed and energized in the morning.\*

### BOTANICAL SLEEP BLEND

Valerian Root Extract

- Plus Hops, Passionflower and GABA
- Supports Restful Sleep\*

90 Veg Capsules

A Dietary Supplement  
Vegetarian/Vegan



ZZZZ Sleep ZZZZ

## Supplement Facts

Serving Size 2 Veg Capsules    Servings Per Container 45

	Amount Per Serving	% Daily Value
Vitamin C (from Ascorbyl Palmitate)	8 mg	13%
<b>Valerian Root Extract</b> (min. 0.8% Valerenic Acids)	600 mg	†
Hops (4:1 Concentrate) (Strobiles)	300 mg	†
Passionflower Extract (Aerial Parts) (min. 3.5% total flavonoids as Vitexin)	200 mg	†
GABA (Gamma Aminobutyric Acid)	200 mg	†

† Daily Value not established.

Other Ingredients: Cellulose (capsule) and Silica.

Manufactured by NOW FOODS

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For more product information visit [www.nowfoods.com/4768](http://www.nowfoods.com/4768)

**Do Not Eat Freshness Packet. Keep in Bottle.**

Store in a cool, dry place after opening. Please Recycle.