

SUGGESTED USE: 1 to 2 capsules taken at bedtime or as directed by a healthcare professional.

CAUTION: For relief of occasional sleeplessness only. Do not exceed the recommended dose. This product is not intended for pregnant or nursing mothers, children under the age of 18, or individuals taking any prescription medication including anti-depressants. Avoid driving or performing other potentially dangerous tasks while taking this formula. If you have questions about the advisability of taking this product, consult a physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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.

Manufactured For:

HerbalNutrition™

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HerbalNutritionHealth.com

HerbalNutrition™

SLEEP FORMULA



With L-Theanine,
GABA, & 5-HTP

DIETARY SUPPLEMENT | 60 CAPSULES

Supplement Facts

Serving Size 2 Vegetable Capsules
Servings Per Container: 30

Amount Per Serving	%Daily Value	
Magnesium (as magnesium oxide / citrate)	200 mg	48%
L-Theanine	400 mg	*
GABA (gamma-Aminobutyric acid)	100 mg	*
Phellodendron Root Powder	100 mg	*
Mucuna pruriens Seed (15% extract)	100 mg	*
5-HTP (5-Hydroxytryptophan)	50 mg	*
Melatonin	2 mg	*

*Daily Value not established.

Other Ingredients: Rice powder, vegetable cellulose, vegetable magnesium stearate, silicon dioxide, calcium carbonate, and calcium phosphate.

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



9789-HS-SLF03-60

RECYCLED
100% PLASTIC BOTTLE



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