



CODE 972411
Directions: As a dietary supplement, take the contents of one pak daily as needed before bedtime.
Do not exceed recommended intake.

EACH PAK CONTAINS:
RELAXATION FORMULA

Supplement Facts

Serving Size One Light Blue Caplet

Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	60 mg 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	10 mg 667%
Riboflavin (Vitamin B-2)	10 mg 588%
Niacin (as Niacinamide)	10 mg 50%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg 500%
Folic Acid	100 mcg 25%
Vitamin B-12 (as Cyanocobalamin)	10 mcg 167%
Biotin	10 mcg 3%
Pantothenic Acid (as Calcium d-Pantothenate)	10 mg 100%
Blueberry Fruit Powder (<i>Vaccinium corymbosum</i>)	50 mg *
Cranberry Fruit Powder (<i>Vaccinium macrocarpon</i>)	50 mg *
Green Tea Leaf Extract (<i>Camellia sinensis</i>)	50 mg *
Pomegranate Fruit Extract (<i>Punica granatum</i>)	50 mg *
Suntheanine® L-Theanine	50 mg *
alpha-Lipoic Acid	25 mg *
Chamomile Flower Powder (<i>Chamomilla recutita</i>)	25 mg *
Lemon Balm Extract (<i>Melissa officinalis</i>)	25 mg *

* Daily Value not established.

Other Ingredients: Cellulose, Dicalcium Phosphate, Mica, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Red Cabbage Juice Powder, Carmine Color, Natural Mint Flavor, Sucralose.

Suntheanine®
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VALERIAN ROOT

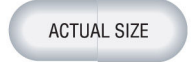
Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value
Valerian Root Extract (<i>Valerian officinalis</i>)	500 mg *
(0.8% Valerenic Acids = 4 mg)	

* Daily Value not established.

Other Ingredients: Vegetable Cellulose Capsule.



MELATONIN

Supplement Facts

Serving Size One White Tablet

Amount Per Serving	% Daily Value
Melatonin	5 mg *

* Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Cellulose.

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 use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Discontinue use two weeks prior to surgery.



KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For more information: 1-888-462-2548
SHOP NOW @ GNC.COM
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

*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.

**TOSSING AND TURNING?
WHEN YOU NEED TO GET
SOME SLEEP AND WANT
NATURE-BASED HELP, IT'S
GNC STAT!™ TO THE RESCUE.**

**GO TO
SLEEP**

DIETARY SUPPLEMENT

Calms and relaxes.*
Helps you fall asleep naturally.*
Supports natural sleep cycles.*

GNC QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!