

Suggested Usage: 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 uses Valerian and Hops, two herbs that have been traditionally used to promote a calm relaxed state and support rejuvenating sleep.* GABA is a neurotransmitter normally produced in the brain, where its function is 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.*

*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.

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.

Natural color variation may occur in this product.

Do Not Eat Freshness Packet.
Keep in Bottle.

CAPSULE SIZE

CODE 4768 V5



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Sleep

Botanical Sleep Blend*

- Valerian Root Extract
- Plus Hops, Passionflower and GABA
- Supports Restful, Rejuvenating Sleep*

90 Veg Capsules



A Dietary Supplement Vegetarian/Vegan

Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 45

	Amount Per Serving	% Daily Value
Vitamin C (from Ascorbyl Palmitate)	8 mg	9%
Valerian Root Extract (min. 0.8% Valerenic Acids)	600 mg	†
Hops (4:1 Concentrate) (Strobiles)	300 mg	†
Passionflower Extract (Aerial Parts) (Standardized for flavonoids Vitexin and Isovitexin)	200 mg	†
GABA (Gamma Aminobutyric Acid)	200 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

