

Suggested use: As a dietary supplement, take 1-3 capsules with a glass of water each day, or as directed by your healthcare provider.

Sleep Formula:

Sleep is formulated to support sleep latency, duration, and depth. The mechanism of action combines the sedation effects of valerian root with serotonin stimulation from B3, B6, and 5HTP. Melatonin acts to activate the night/day circadian sleep cycle that is decreased with aging. PharmaGABA is a natural source of the neurotransmitter gamma-aminobutyric acid which can decrease the brain's stress-related beta waves and increase the production of its alpha-waves, creating a profound sense of physical relaxation while maintaining mental focus.*

Keep out of reach of children. Store in a cool dry place.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure or prevent any disease.

Sleep
FORMULA

Healthy Sleep Formula.

Dietary Supplement
60 Vegetarian Capsules

Supplement Facts		
Serving Size 1 Capsules		
Serving Per Container 60		
	Amount Per Serving	% DV
Niacin (as Niacinamide)	100 mg	631 %
Vitamin B ₆ (as Pyridoxal-5-Phosphate)	25 mg	1471 %
Magnesium (as Magnesium Glycinate Chelate)	50 mg	12 %
Valerian Root Extract (<i>Valeriana officinalis</i>)	300 mg	**
L-Theanine	100 mg	**
5-HTP (5-Hydroxytryptophan)	50 mg	**
PharmaGABA(Gamma-aminobutyric acid)†	35 mg	**
Melatonin	3.5 mg	**
* Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value not established.		

† This product uses Pharma Foods International's Gamma-Aminobutyric Acid (Pharma GABA®). PharmaGABA is a registered trademark of Pharma Foods International.

Other ingredients: Vegetable capsule contains purified water and hypromellose. Manufactured in a facility that processes Milk, Soy, Eggs, Nuts, and Wheat.