

Supplement Facts

Serving Size 1 tea bag (makes 8 fl. oz.)

Servings Per Container 16

	Amount Per Serving	%DV
Calories	0	
All Herbal Ingredients:		
Organic valerian root	450 mg	†
Organic passionflower herb	300 mg	†
Organic lemon balm leaf	300 mg	†
Organic peppermint leaf	300 mg	†
Proprietary Blend:	150 mg	
Organic caraway fruit		†
Organic licorice root		†

† Daily Value (DV) not established.

Made by **TRADITIONAL MEDICINALS**

4515 Ross Road, Sebastopol, CA 95472 USA

Certified organic by CCOF. All Ingredients Certified Organic.



Consult your healthcare practitioner if sleeplessness persists continuously for more than 2 weeks; if you are taking sedative medications; or if you are **pregnant or breastfeeding**. Consumption with alcohol is not recommended. Some people may experience drowsiness. Exercise caution if you are driving or involved in activities requiring mental alertness within 2 hours of consumption. Nausea or abdominal cramping may occur. **Not recommended for use with children under 12 years of age.**

***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.**