

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gels 30 minutes before bedtime to promote a restful sleep.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels

Servings per Container: 30

	Amount per Serving	%Daily Value
Calcium (as Calcium Citrate)	11 mg	1%
Magnesium (as Magnesium Citrate)	12 mg	3%
Flaxseed Oil	1000 mg	†
Ashwagandha extract (4.5% withanolides)(root)	150 mg	†
Hops extract (10:1)(flower)	150 mg	†
Lemon Balm extract (5% rosmarinic acid)(aerial)	150 mg	†
Passionflower extract (3.5% vitexin)(flower)	150 mg	†
GABA	100 mg	†
L-Theanine	50 mg	†
Melatonin	6 mg	†
BioPerine Complex	6 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, beeswax, caramel color, soy lecithin, maltodextrin, annatto, titanium dioxide, St. John's bread (carob), silicon dioxide and turmeric.

Contains: Soy

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No preservatives added.

Usage Warnings: Use only at bedtime. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.