



SWEET DREAMS

PROMOTES QUALITY, RESTFUL SLEEP*



Benefits*

- Supports quality sleep
- Promotes calming of brain activity

Highlights

- 3 mg of melatonin per serving to support a normal circadian rhythm*
- 500 mg of inositol per serving to support a relaxed state and quality sleep*
- 200 mg of L-theanine per serving to promote relaxation*
- 100 mg of 5-HTP per serving to promote serotonin and melatonin production*
- 10 mg of vitamin B6 per serving as pyridoxal-5-phosphate to enhance bioavailability
- Great tasting lemon-flavored tablets



Recommended Use: Chew 2 tablets 30 to 60 minutes before bedtime or as directed by your health care practitioner.

Consult with your health care practitioner about your specific circumstances and any questions you may have about this product. *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.