

## Sleep Support

### Supplement Facts

Serving size 1 packet (5.8 g)  
15 servings per container

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	5 g	2%**
Total Sugars	2 g	†
Includes 2g Added Sugars		4%**
Magnesium (as magnesium citrate)	50 mg	10%
Selenium (as selenium glycinate chelate)	10 mcg	20%
Sodium	10 mg	<1%**
<b>Fall Asleep Blend</b>	920 mg	†
Chamomile flower extract (aerial parts from <i>Matricaria chamomilla</i> )		
Lemon balm extract (aerial parts from <i>Melissa officinalis</i> )		
Hibiscus flower extract (aerial parts from <i>Hibiscus sabdariffa</i> )		
5-HTP(5-hydroxytryptophan) Griffonia seed extract (from <i>Griffonia simplicifolia</i> )		
L-Theanine		
<b>Deep Sleep Blend</b>	626 mg	†
GABA (Gamma-aminobutyric acid)		
Passion flower (aerial parts from <i>Passiflora incarnata</i> )		
Ashwagandha extract*** (root and leaf from <i>Withania somnifera</i> )		
Melatonin		
<b>Glyconutrient blend</b>	10 mg	†
Gum acacia		
Arabinogalactan§		
Gum tragacanth		
Aloe vera extract <sup>‡</sup> (inner leaf gel powder)		
Not a significant source of saturated fat, trans fat, cholesterol, protein, vitamin D, calcium, iron and potassium.		
**Percent Daily Values are based on a 2,000 calorie diet.		
†Daily Value not established.		

**Other Ingredients:** Fructose, rice flour, vegetable juice color, natural flavor, Reb A (stevia leaf extract), silicon dioxide.

‡ Manapol® Aloe Vera Extract

§ AmbroGuard™ Arabinogalactan powder

Please read the product labels for detailed information.