

HEALTHY[†] SLEEP^{*}

28 GUMMIES

Directions: Adults take two (2) gummies per day, 30-60 minutes before bedtime. May be taken with or without food.

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 14

Amount per 2 Gummy Serving	% Daily Value	
Calories	20	
Total Carbohydrate	4 g	2%†
Sugars	3 g	**
Includes 3 g Added Sugars		6%†
Vitamin C (as ascorbic acid USP)	120 mg	133%
Vitamin D (D3 as cholecalciferol USP)	25 mcg	125%
Vitamin B-6 (as pyridoxal-5-phosphate)	1 mg	59%
Vitamin B-12 (as methylcobalamin)	0.48 mcg	20%
Zinc (as zinc citrate USP)	5 mg	45%
Sodium	15 mg	1%
L-Theanine, AlphaWave [®]	50 mg	**
Melatonin	3 mg	**
Baker's Yeast Beta-Glucan Extract (M-Gard [®])	200 mg	**
<i>Bacillus coagulans</i> LactoSpore [®] MTCC 5856	2 Billion CFU	20 mg
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† Percent Daily Value based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Organic Cane Sugar, Organic Tapioca Syrup, Natural Flavors, Pectin, Colors Added (Organic Black Carrot Juice Concentrate, Organic Spirulina), Sodium Citrate, Citric Acid, Organic Sunflower Oil, Carnauba Wax, Corn Starch.