SUGGESTED USE Consume one capsule 30 minutes before bedtime. You can increase your intake as required or as guided by your physician. Consume no more than 3 capsules in any 24-hour period.

For questions about the use of this product call 800.800.1200.

WARNING Not for use if you are pregnant or lactating, driving a motor vehicle, operating machinery or using sedative drugs. If you are under a physician's care, seek their advice before using this product. Discontinue use at least two days before any procedure requiring general anesthesia.

Since 1979, Unsurpassed Purity, Quality and Efficacy.

QUESTIONS? REORDERS?

800.800.1200 PROCAPS.COM

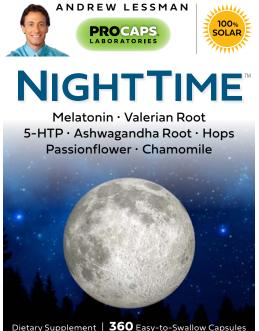
Manufactured by ProCaps Labs

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Henderson, NV 89011

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NIGHTTIME is a gentle balanced blend of natural ingredients designed to help promote a restful night's sleep without morning "hangover". The pace and stress of modern life, along with the normal aging process conspires against a restful night's sleep, and as a result, we often find ourselves battling fatigue, since sleep is required to

recover from and prepare for the demands of daily life. **NightTime** is not a "sleeping pill" to "knock you out", but a natural tool to help you fall and remain asleep. NightTime begins with our body's primary sleep scheduling substance - Melatonin at levels that gently facilitate sleep without dependency or side effects. We then add 5-hydroxytryptophan (5-HTP) from Griffonia Simplicifolia seed because of its role in serotonin synthesis, which helps to enhance sleep quality while supporting positive mood. We then include five of Mother Nature's most powerful soothing, relaxing plants: Valerian Root, Ashwagandha Root, Hops, Passionflower and Chamomile. These plants have been used traditionally for centuries to promote relaxation and restful sleep. Each botanical is included as a standardized extract to ensure the delivery of their most important sleep and relaxation supporting benefits. A good night's sleep is essential for a happy, healthy life and **NightTime** provides the comprehensive support necessary to safely and naturally help you achieve a restful night's sleep.

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.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS

Supplement Facts		
Serving Size 1 Capsule Servings Amount Per Serving	Per Containe	er 36 % DV
Calcium (as calcium carbonate)	50 mg	49
Magnesium (as magnesium oxide)	30 mg	79
Valerian, extract (root) standardized to 0.8% valerenic acid	150 mg ds	t
Ashwagandha, extract (root) standardized to 5% withanolides	100 mg	t
Hops, extract (flower) standardized to 5% alpha bitter aci	50 mg	t
Passionflower, extract (flower) standardized to 3.5% vitexin	50 mg	t
Chamomile, extract (flower) standardized to 2.5% apigenin glyc	20 mg cosides	t
5-HTP (from Griffonia simplicifolia (seed)	30 mg extract)	t
Melatonin	3 mg	+

Other Ingredients: Gelatin capsule.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.