

SUGGESTED USE Consume one or more capsules 30 minutes before bedtime or as recommended by your physician. Consume no more than 3 capsules in any 24-hour period. **For questions about the use of this product call 800.332.7799.**

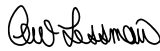
WARNING Not for use if you are pregnant or lactating, driving a motor vehicle, operating machinery or using sedative drugs. If you are under a physician's care, seek their advice before using this product. Discontinue use at least two days before any procedure requiring general anesthesia.

FOR OVER 40 YEARS

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NIGHTTIME™

Melatonin | Valerian Root
5-HTP | Ashwagandha Root | Hops
Passionflower | Chamomile



Dietary Supplement | **360** Easy-to-Swallow Capsules

Andrew Lessman's 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 Per Container 360	
Amount Per Serving		%DV*
Calcium (as calcium carbonate)	50 mg	4%
Magnesium (as magnesium oxide)	30 mg	7%
Valerian, extract (root) standardized to 0.8% valerenic acids	150 mg	†
Ashwagandha, extract (root) standardized to 5% withanolides	100 mg	†
Hops, extract (flower) standardized to 5% alpha bitter acids	50 mg	†
Passionflower, extract (flower) standardized to 3.5% vitexin	50 mg	†
Chamomile, extract (flower) standardized to 2.5% apigenin glycosides	20 mg	†
5-HTP (from <i>Griffonia simplicifolia</i> (seed) extract)	30 mg	†
Melatonin	3 mg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

† Daily Value not established.

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.