

**SUGGESTED USE:** 1 ml (1 ml = 30 drops) at bedtime. Up to 2 mls can be taken if needed. 1/2 ml (15 drops) may be enough for sensitive individuals. Do not exceed 4 ml per day unless instructed by a physician.

**SHAKE WELL** before every use (settling is normal). Refrigerate after opening. For adult use only.

**WARNINGS:** Use ONLY at bedtime and allow 6-8 hours for sleep. Do not use if pregnant or breastfeeding. Consult with your healthcare provider before use if taking any prescription medications such as MAOIs or anti-depressants or any other supplements. Do not take this product while driving or operating heavy machinery.



TERRA PURE LABS

Sleep

60 ml • 2.03 fl. oz. - dietary supplement

## Supplement Facts

Serving Size: 1 ml (1 ml = 30 drops)

Servings Per Container: 60

Per 1 ml Serving	Amount	DV %	Per 1 ml Serving	Amount	DV %
<b>Calories</b>	5	<1%	<b>Organic Herbal &amp; Botanical Blend</b>	525 mg	**
Melatonin	2.75 mg	**	Valerian Root		
Vitamin B-6	5 mg	295%	Passion Flower		
Inositol (myo)	50 mg	**	Chamomile Flower		
Magnesium	30 mg	7%	California Poppy (aerial parts)		
L-Theanine	25 mg	**	Hops Strobiles		
Potassium	20 mg	<1%			

**Other Ingredients:** Artesian Water, Aloe Vera, Vegetable Palm Glycerin, Organic Juice Concentrates (Pear, Apple, Raspberry, Cherry, Elderberry, Cranberry, Blueberry, and Blackberry)

\*\* Recommended Dietary Values not established. † Based on a 2,000 calorie/day diet.

†These statements have not been evaluated by the FDA. This product is a dietary supplement and not intended to diagnose, treat, cure, or prevent any disease.

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