

**RECOMMENDED DOSE (ADULT):** Take 2 capsules daily, 30 minutes before going to sleep.

**WARNING:** Do not exceed the recommended daily dosage. Pregnant or breastfeeding woman, children under the age of 18, and individuals with a known medical condition should consult a physician before using this product. The use of drugs or other dietary supplements that cause sleepiness is not recommended.

This product is manufactured and packaged in a facility which may contain milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

**STORAGE:** Keep bottle tightly closed in a cool and dry place.

KEEP OUT OF REACH OF CHILDREN.

**\*\* 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.**

DO NOT USE IF SEAL AROUND CAP IS MISSING OR BROKEN.

# Sleep Concept



**Dietary Supplement**  
45 VEGETABLE CAPSULES

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 22

	Amount Per Serving	% Daily Value*
Magnesium (as magnesium citrate)	42 mg	10%
Lemon Balm (Melissa officinalis L.) 6.5:1 leaf extract equivalent to 2000 mg	400 mg	†
Hops (Humulus lupulus L.) 5:1 strobile extract equivalent to 1250 mg	250 mg	†
Passionflower (Passiflora incarnate L.) 4:1 Aerial Parts extract equivalent to 1000 mg	250 mg	†
Whey protein concentrate	168 mg	†
L-5-HTP (L-5-Hydroxytryptophan)	50 mg	†
Melatonin	3 mg	†

\*Percent Daily Values are based on a 2,000 Calorie diet.  
† Daily Value not established

Other ingredients: Hypromellose (vegetable capsule), magnesium stearate.

Expiry date:

Batch number:

Distributed by:

Herb-e-Concept Inc.  
102-17680 Charles, Mirabel,  
Qc Canada J7J 0T6  
1 855 972-6888



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Made in Canada / Manufactured by  
Les produits naturels Herb-e-Concept Inc.  
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1 855 972-6888

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