

PURE • FAST • EFFECTIVE*

Valerian Root • Calming action*
L-Theanine • The calming component of Tea*
Chamomile • Gentle relaxation*
5-HTP • Supports serotonin*
GABA • Can induce deeper sleep*
Passion Flower • Can increase GABA*
Melatonin • Realigns the wake/sleep cycle*
Vitamin B6 • Helps sleep cycles*

WARNINGS: This product is to be used by adults only. Consult a health care practitioner prior to use if you are pregnant or breastfeeding or have asthma, cardiovascular disease, chronic kidney disease, depression, diabetes or hypoglycemia, hormonal disorder, immune system disease, liver disease, migraine, or epilepsy / seizure disorders. Consult a health care practitioner prior to use if you are taking carboxids or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, S-adenosylmethionine (SAMe), St. John's wort, antidepressants, pain killers, over the counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication. Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. Do not use if you have scleroderma or allergic to plants of the Asteraceae/Compositae/Daisy family. Some people may experience diarrhea. Discontinue use and consult a health care practitioner if you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. Hypersensitivity (e.g., allergy) or rare allergic reactions has been known to occur in which case, discontinue use. Consult a health care practitioner if symptoms persist or worsen. Store in a cool and dry place away from direct sunlight. **KEEP OUT OF REACH OF CHILDREN.** Do not use if inner seal is broken. **Known Adverse Reactions:** Caffeine has been known to increase the effects of melatonin (e.g., drowsiness). Mild gastrointestinal symptoms (nausea, vomiting, or cramping) have been known to occur in which case, discontinue use. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness within 2 hours of consumption.

CALIFORNIA WARNING: Lead is known to the State of California to cause birth defects or reproductive harm. Consuming this product can expose you to more than 0.0000005 g of lead. For more information go to www.P65Warnings.ca.gov.

ALLERGEN WARNING: Produced in a facility that also handles Milk, Soy, Egg, Peanut, Tree Nuts, Sesame, Fish, Crustacean and Shellfish products.



**PROP
65**

US1004

PROFESSIONAL GRADE SUPPLEMENTS

ALLMAX

SCIENCE • INNOVATION • QUALITY • RESULTS

AM

PM

**LIGHTS OUT
SLEEP**

DEEP SLEEP* • BIG GAINS*

- Valerian Root Extract
- Melatonin
- Natural Plant Extracts



DIETARY SUPPLEMENT

60 CAPSULES

RECOMMENDED USE: Take 1 to 2 capsules 30 minutes before going to sleep.

Supplement Facts

Serving Size 2 Capsules	Servings Per Container 30	
AMOUNT PER SERVING		%DV
Vitamin B6 (as Pyridoxal-5-Phosphate)	10 mg	588%
Valerian root extract (<i>Valeriana officinalis</i>) (Std. to 0.8% Valerinic acids)	250 mg	†
GABA (Gamma-aminobutyric acid)	150 mg	†
Chamomile flower extract (<i>Matricaria recutita</i>)	100 mg	†
Passionflower (<i>Passiflora incarnata</i>) (herb)	60 mg	†
5-HTP (Peak X Free) (as <i>Griffonia simplicifolia</i>) (seed) Extract	50 mg	†
L-Theanine	50 mg	†
Lavender (<i>Lavandula angustifolia</i>) (aerial) Extract	30 mg	†
L-Tyrosine	20 mg	†
Melatonin	3 mg	†

† Daily Value (DV) not established.

OTHER INGREDIENTS: Vegan Caps (Hypromellose), Maltodextrin, Rice Bran, Organic Rice Hulls.

Distributed by: HBS International Corp, 711 S. Carson St., Ste 4, Carson City, NV 89701
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Made in USA with domestic and imported ingredients



*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.