

VITANICA® ~ SLEEPBLEND™



A holistic sleep support formula featuring non-addictive ingredients supportive of the entire sleep cycle; promotes falling sleep, staying asleep and maintaining the balance of the circadian rhythm.

Featured Ingredients:

- Quality of sleep supported with **Valerian** and **Melatonin**, as research and clinical studies have demonstrated
- **5-HTP** and **Vitamin B6** both work on maintaining the sleep cycle in promoting healthy serotonin and tryptophan levels
- **Vitamin B2** and **B12** - indicated in research for better sleep support
- Relaxation support for mind and body with a little **Calcium** and **Magnesium**, and with **Passionflower** and **Hops**

Supplement Facts

Serving Size 2 Capsules
30 Servings per Container

| Amount per Serving | | % Daily Value |
|---|---------|---------------|
| Riboflavin (Vitamin B2) (as riboflavin-5-phosphate) | 5 mg | 385% |
| Vitamin B6 (as pyridoxine HCl) | 50 mg | 2941% |
| Vitamin B12 (as methylcobalamin) | 500 mcg | 20833% |
| Magnesium (as magnesium carbonate and citrate) | 150 mg | 35% |
| Passionflower (<i>Passiflora incarnata</i>) herb extract (4:1) | 300 mg | † |
| Hops (<i>Humulus lupulus</i>) strobile extract (4:1) | 300 mg | † |
| Valerian (<i>Valeriana officinalis</i>) root extract (4:1) | 125 mg | † |
| 5-Hydroxytryptophan (<i>Griffonia simplicifolia</i>) (seeds) | 100 mg | † |
| Melatonin | 1 mg | † |

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, L-leucine.

Indications: Promotes restful and relaxing sleep with a thoughtful blend of quality botanicals and nutrients; maintains a healthy circadian rhythm by supporting serotonin and tryptophan naturally.

Suggested Use: 1 - 2 capsule(s), 30-60 minutes before bed.

Size ~ 60 caps; UPC code ~ 7-08118-01045-3

Size ~ 15 caps; UPC code ~ 7-08118-01046-0

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