

VITANICA® ~ SLEEP TONIC™



Tasty Tonics® are concentrated liquid herbal formulas designed with therapeutic doses and blended with natural flavors & essential oils to taste great and encourage compliance for daily use. Sleep Tonic™ supports the natural sleep and relaxation process. Packaged in beautiful green glass.

Featured Ingredients:

- **Valerian root** is one of the most well-researched herbs promoting sleep and relaxation
- **Lemon balm**, a.k.a. Melissa, is a traditional herb used to support sleep naturally. It is also well known as a nerve tonic
- **Passion flower** is also a well-known calming herb, supportive of the sleep and relaxation process
- A subtle but natural raspberry flavor makes this formula fun to take before bedtime, encouraging good sleep hygiene

Supplement Facts

Serving Size 4.92 ml/One Teaspoon, 24 Servings per Container

Amount per Serving	% Daily Value
Calories	15
Total Carbohydrates	3 g 1%**
Fresh Valerian root ~ Valeriana officinalis	600 mg †
Lemon balm herb ~ Melissa officinalis	300 mg †
Passion flower herb ~ Passiflora incarnata	300 mg †
Stevia leaf extract ~ Stevia rebaudiana	5 mg †

† Daily Value not established

**Percent Daily Values based on a 2000 calorie diet

Other ingredients: Vegetable glycerin, deionized water, raspberry and mixed berry natural flavors.

Sleep Tonic™ is suitable for vegetarians and vegans.

Indications: Naturally calming and supportive of the sleep process, this formula makes bedtime fun!

Suggested Use: 1 teaspoon daily (3 droppers), or when needed, 30 minutes before bedtime. Dilute in 2-3 ounces of warm or cool water, or to taste as a pleasant herbal tea. May also be taken undiluted, directly in the mouth. May be taken with Vitanica's Sleep Blend™ for a thorough night's sleep.

Size ~ 4 ounces; UPC code ~ 7-08118-01048-4

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