

# better sleep for better days\*



## SHODEN® ASHWAGANDHA

Clinically tested Shoden® Ashwagandha helps support restful sleep so you can feel more energized and ready to take on the day.\*



## MELATONIN

This compound is naturally produced in the body to help regulate your sleep cycle so you can fall asleep faster\*

**DIRECTIONS:** Adults 18 years and older, take one (1) capsule daily, 30 to 60 minutes before bedtime.

### SUPPLEMENT FACTS

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Total Carbohydrates	<1g	<1%
Ashwagandha Extract (Withania somnifera) (root and leaf)	120mg	†
Melatonin	1mg	†

† Daily Value not established.

**Other Ingredients:** microcrystalline cellulose, hypromellose, magnesium stearate, silicone dioxide  
THIS PRODUCT CONTAINS SULFITES.

# good sleep influences how your day unfolds, affecting:

- ✓ ENERGY LEVELS
- ✓ OVERALL MOOD
- ✓ ATTITUDE



\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



## with melatonin to help you fall asleep faster\*



## helps improve sleep quality, so you wake up feeling restored\*

## helps support relaxation for better sleep\*

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