

## A science-based formulation that promotes healthy, restful sleep without melatonin

### Herbal Sleep PM

Sleep is crucial to our overall health and well-being. But many of us experience difficulty falling asleep and staying asleep. That's why we've created Herbal Sleep PM. This formula combines lemon balm, honokiol and chamomile with apigenin to calm the mind and promote sleep without hormones.

- Calms the mind to help fall asleep fast
- Targets multiple sleep centers in the brain with a blend of 3 well-studied herbs
- Promotes stress relief & a relaxed nervous system response

Take one before bed for a good night's rest and wake up without the hazy feeling that some experience from melatonin.



Life Extension is GMP Registered by NSF.

**LifeExtension**  
Vitamin & Supplement Wholesalers, Inc.

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**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.**

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Read the entire label and follow the directions carefully prior to use.  
**DIRECTIONS:** Take one (1) capsule 30 to 60 minutes before bedtime, with or without food, or as recommended by a healthcare practitioner. One (1) additional capsule may be taken if needed.  
**CAUTION:** Do not consume alcohol, drive or operate machinery after taking this product.

**WARNINGS:**

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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**LifeExtension®**

**Herbal Sleep PM**



**Melatonin Free Herbal Sleep Aid\***

Dietary Supplement

30 Vegetarian Capsules

**Supplement Facts**

Serving Size 1 Vegetarian Capsule	
Amount Per Serving	% Daily Value
Honokiol [from magnolia extract (bark)]	120 mg **
Lemon balm extract (leaf) [std. to ≥ 7% rosmarinic acid, ≥ 14% hydroxycinnamic acid]	300 mg **
Chamomile extract (flower) [std. to 20% apigenin]	125 mg **
**Daily Value not established.	

Other ingredients: vegetable cellulose (capsule), vegetable stearate, maltodextrin, silica, microcrystalline cellulose.

Manufactured for: Quality Supplements and Vitamins, Inc. Ft. Lauderdale, FL 33309 • LifeExtension.com  
 To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Store tightly closed in a cool, dry place. Non-GMO

**Herbal Sleep PM**

MSRP: \$24.00

**Wholesale Price: \$12.00**

MAP Price: \$18.00

UPC: 737870230830

Category: Sleep

Servings: 30 (Repeat as necessary)

Take one (1) capsule daily 30 to 60 minutes before bedtime, with or without food, or as recommended by a health care practitioner.

One (1) additional capsule may be taken if needed.

