

Label

Supplement Facts		
Serving Size 1 Capsule per day		
Take with food and a glass of water		
	Amounts Per Serving	% EU NRV
Vitamin B6 (Pyridoxine Hcl)	3mg	214%
Magnesium	60mg	16%
Zinc	2mg	20%
Lemon balm	80mg	N/A
Ashwagandha	300mg	N/A
Saffron	15mg	N/A
L-Theanine	50mg	N/A

**Nutritional facts** Figures as per United States FDA guidelines. Servings: 60, **Serv. size: 1 capsule**, Amount per serving: **Calories** 0.7, **Total Fat** 0.01g (0.01% DV), **Sat. Fat** 0.01g (0.05% DV), **Trans Fat** 0g (0% DV), **Cholest.** 0mg (0% DV), **Sodium** 0mg (0.0% DV), **Total Carb.** 0.1g (0.4% DV), **Fibre** 0.13g (0.46% DV), **Total Sugars** 0.00g (Incl. 0.00g **Added Sugars**, 0.00% DV), **Protein** 0.00g (0.00% DV), **Vit D** 0µg (0% DV), **Calcium** 0mg (0% DV), **Iron** 0mg (0% DV), **Potas.** 0g (0% DV).

**VEGETOLOGY™**

# SLEEP SUPPORT

**SUPPORTS HEALTHY SLEEP**

SAFFRON, ASHWAGANDHA, VIT B6, MAGNESIUM, ZINC, LEMON BALM & L-THEANINE

60 CAPSULES | FOOD SUPPLEMENT

vegetology.com

**Allergy advice:** Free from gluten, sugar, wheat & dairy.

**Warning:** Store in a cool dry place, out of reach of children. Food supplements should not be used as a substitute for a varied diet. Do not exceed the stated dose.

**Ingredients:** Ashwagandha Root Extract, Vegetable Capsule Shell (Hydroxypropylmethyl Cellulose), Maltodextrin, Magnesium Oxide, Green Tea Extract, Lemon Balm Extract, Saffron Extract, Zinc Citrate, Pyridoxine Hydrochloride, Bamboo Extract.

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.

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Peel back for more information

Peel back information

## SLEEP SUPPORT

Vegetology Sleep Support is scientifically formulated to support sleep without making you feel groggy the next day. Our all-natural formula includes a unique combination of Vitamins, Minerals and Active Botanicals to help tackle common sleep issues including anxiety and restlessness. It is designed to induce calmness and promote relaxation to help you fall asleep and experience quality deep sleep throughout the night.


### Key Benefits

- Targeted formula with selected Vitamins, Minerals and Active Botanicals.
- Features potent extracts of Green Tea, Ashwagandha, Lemon Balm and Saffron.
- Magnesium contributes to a reduction of tiredness and fatigue.
- Vitamin B6 contributes to normal psychological function and the regulation of hormonal activity.
- Zinc contributes to normal cognitive function.

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 Bottle is made with eco-plastic from sugar cane. It is CO2 neutral, 100% recyclable and 100% biodegradable in under 10 years.