

Store at room temperature  
Keep out of reach of children  
Do not spray in eyes  
Suitable for vegetarians

Manufactured in the USA.  
Distributed in the UK by Cavendish Cardio  
Tel: 01323 504856 • [www.cavendishcardio.com](http://www.cavendishcardio.com)

DIRECTIONS: Before initial use, activate the pump by pressing 4 - 6 times. Shake gently and spray directly into mouth. Suggested use: up to 8 sprays per day, taken at bedtime to promote restful sleep. Each tube contains approximately 240 sprays.



# GOODNIGHT

Sleep Support **Food Supplement**

**SUPPLEMENT FACTS:**

**Serving Size 8 sprays (0.4 ml) Amount per Serving**

Melatonin	1.0 mg
5-HTP	0.75 mg
L-Theanine	0.75 mg

**INGREDIENTS:** Purified water; xylitol; glycerine; alcohol; melatonin; 5-hydroxytryptophan (from Griffonia simplicifolia); L-theanine; proprietary herbal extract; spearmint flavour; potassium sorbate.

With proprietary extract from Cramp Bark, Feverfew, Ginkgo biloba, Passionflower, Peppermint, Skullcap, and Valerian Root.

**WARNING:** For adult use only. Not for use by children, teenagers, women who are pregnant, or who may become pregnant, or breastfeeding. If you are under medical supervision, or have an autoimmune disease, diabetes, a depressive disorder, a thyroid condition, epilepsy, leukemia, or are taking MAO inhibitor drugs or corticosteroids, consult your physician before taking this product. Do NOT drive a motor vehicle or operate heavy machinery when taking this product.

No artificial flavours or colours. No yeast. No Gluten. Always consult your health care professional before taking any food supplements.

Batch: GN061913  
Use by: 06/14

Contents:  
13.5 ml