

Tranquil Nighttime Stress Relief Formula Supplement  
Facts  
(12-6RG, 0114)

<b>SUPPLEMENT FACTS</b>		
Serving Size: 2 Caplets		
Servings per package: 24		
	Amount Per Serving	% Daily Value
Hops Extract (flower) (Humulus lupulus)	240 mg	†
Valerian Extract (root) (Valeriana officinalis)	500 mg	†
† Daily Value not established.		

**Other Ingredients:** Croscarmellose sodium, dicalcium phosphate, ethyl vanillin, FD&C Red #40 Lake, FD&C Yellow #6 Lake, hypromellose, magnesium silicate, magnesium stearate, microcrystalline cellulose, mineral oil, silica, stearic acid, titanium dioxide and triacetin.

**Directions:** (Adults) Take two (2) caplets with a full glass of water 30 minutes before bedtime. An additional two caplets may be taken every four to six hours, as desired, not to exceed six caplets per day. Drink six (6) to eight (8) glasses of water daily. TRANQUIL Nighttime Stress Relief is intended for use by normally healthy adults only. Persons under 18 years of age should use only as directed by a doctor. If pregnant or nursing, seek the advice of a health professional before using this or any dietary supplement. If using any medication or other dietary supplement, consult a health professional before using this or any dietary supplement. **KEEP OUT OF REACH OF CHILDREN. USE CAUTION** when driving or operating machinery until you determine how TRANQUIL Nighttime Stress Relief Caplets affect you. **\*\*CONTENTS SEALED:** Each TRANQUIL Nighttime Stress Relief light pink colored, oval shaped caplet bears the identifying mark "ALVA" and (3) on the reverse, and is sealed in a clear plastic blister with foil backing. Do not use if seal appears broken or if product contents do not match product description.

To report side effects or obtain product information, contact 1-800-792-2582.