

**SUGGESTED USE:** 1 dropper (equivalent to 1 ml or 30 drops) at bedtime. Up to 2 droppers can be taken. ½ dropper (equivalent to 1/2 ml or 15 drops) may be enough for some people. Do not exceed 4 ml per day unless instructed by your physician. SHAKE WELL Before Every Use (settling is normal). Refrigerate After Opening. For Adult Use Only. (See Warnings Below)

**WARNINGS:** Use ONLY at bedtime. Allow 6-8 hours for sleep. For adult use only. Not for use by Children, Teenagers, or by Women who are 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, corticosteroids such as cortisone or prednisone, or any other prescription medications consult your physician before taking this product especially to check for drug interactions. Do not take this product when driving motor vehicle or operating heavy machinery.

Manufactured and Distributed by: Mother Earth Labs, Inc.  
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Keep out of  
reach of children.



MOTHER EARTH'S  
**GOOD  
NITE**  
SLEEP FORMULA

**Supports Relaxation and a  
Restful Night Sleep**

**Supercharged by Highly -  
Concentrated Fulvic & Humic**

**Dietary Supplement**  
60 ml 2.03 fl. oz.

## Supplement Facts

Servings Per Container: 60 Serving Size: 1 dropper (eq. 1 ml or 30 drops)

| Per 1 ml Serving      | Amount  | DV %† | Per 1 ml Serving        | Amount   | DV %† |
|-----------------------|---------|-------|-------------------------|----------|-------|
| Calories              | 5 Cal   | <1%   | Magnesium (plant-based) | 75 mg    | 10%   |
| Carbohydrate (Total)  | <1 g    | <1%   | Potassium (plant-based) | 66 mg    | 2%    |
| Sugars                | <1 g    | <1%   | Chromium                |          |       |
| Melatonin             | 2.75 mg | **    | Polynicotinate          | 24 mcg   | 20%   |
| Vitamin B-6           | 7.5 mg  | 375%  | Zinc (plant-based)      | 1.0 mg   | 5.0%  |
| Inositol              | 50 mg   | **    | Selenium (plant-based)  | 14 mcg   | 10.0% |
| L-Theanine            | 25 mg   | **    | Fulvic Acid             | 150.0 mg | *     |
| Calcium (plant-based) | 60 mg   | 6%    | Humic Acid              | 64.0 mg  | *     |

**PROPRIETARY HERBAL BLEND** 525 mg \*\*  
Valerian Root, Hops Strobiles, Chamomile, Skullcap, Passion Flower, Grapefruit Seed Extract

**PROPRIETARY SEA SALT AND MINERAL SALT BLEND** 40 mg \*\*  
Including magnesium, potassium, calcium, and 74+ other macro, micro, and trace minerals and elements.

**Other Ingredients:** Purified Water, Aloe Vera Juice, Vegetable Glycerin USP, Natural Flavorings, Citric Acid and Natural Preservatives.  
Contains NO Sugar, Starch, Gluten, Soy or Soy derivatives, Salt, Yeast, or Milk. Non-GMO

\*\* Recommended Dietary Values not established

† Based on a 2,000 calorie/day diet

These statements have not been evaluated by the FDA. This product is a dietary supplement and is not intended to diagnose, treat, or cure, or prevent any disease.