

**Recommended Use:** Take 3 capsules approximately 1 hour before bedtime with at least 12-16 ounces of water.

**Warning:** AmbeSleep should not be taken with alcohol. Do not drive or operate heavy machinery after taking AmbeSleep. Do not take while pregnant or nursing. Keep out of reach of children. Discontinue use two weeks prior to surgery.

[www.AmbeSleep.com](http://www.AmbeSleep.com)

Distributed by: Advantage Nutraceuticals  
Orem, UT 84057 U.S.A.  
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Dietary Supplement ..... 90 capsules

**Advantage Nutraceuticals**

## Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 30

Amount Per Serving		% DV
Vitamin B6 (as Pyridoxine HCL)	10.5mg	525%
Magnesium (as Magnesium Aspartate)	450mg	113%
Zinc (as Zinc AAC)	30mg	200%
Valerian Root	500mg	*
GABA	100mg	*
HOPS	50mg	*
Lavender	50mg	*
Corydalis	50mg	*
Passion Flower	50mg	*
Melatonin	3mg	*

\* Daily Value not established

Other Ingredients: Gelatin, Silicon Dioxide

The statements made hereon have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.