



VITANICA® ~ SLEEPBLEND™

A holistic sleep support formula featuring non-addictive ingredients supportive of the entire sleep cycle; promotes falling sleep, staying asleep and maintaining the balance of the circadian rhythm.

Featured Ingredients:

- Quality of sleep supported with **Valerian** and **Melatonin**, as research and clinical studies have demonstrated
- **5-HTP** and **Vitamin B6** both work on maintaining the sleep cycle in promoting healthy serotonin and tryptophan levels
- **Vitamin B2** and **B12** - indicated in research for better sleep support
- Relaxation support for mind and body with a little **Calcium** and **Magnesium**, and with **Passionflower** and **Hops**

Supplement Facts

Serving Size 2 Capsules
30 Servings per Container

Amount per Serving		% Daily Value
Riboflavin (Vitamin B2) (as riboflavin-5-phosphate)	5 mg	385%
Vitamin B6 (as pyridoxine HCl)	50 mg	2941%
Vitamin B12 (as methylcobalamin)	500 mcg	20833%
Calcium (as dicalcium malate, citrate)	80 mg	6%
Magnesium (as dimagnesium malate, citrate)	80 mg	19%
Passionflower (<i>Passiflora incarnata</i>)		
aerial parts extract	300 mg	†
Hops (<i>Humulus lupulus</i>)		
strobile extract (4:1)	300 mg	†
Valerian (<i>Valeriana officinalis</i>)		
root extract	125 mg	†
5-Hydroxytryptophan (<i>Griffonia simplicifolia</i>)		
(seeds)	100 mg	†
Melatonin	1 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, L-leucine.

Indications: Promotes restful and relaxing sleep with a thoughtful blend of quality botanicals and nutrients; maintains a healthy circadian rhythm by supporting serotonin and tryptophan naturally.

Suggested Use: 1 - 2 capsule(s), 30-60 minutes before bed.

Size ~ 60 caps; UPC code ~ 7-08118-02045-2

Size ~ 15 caps; UPC code ~ 7-08118-02046-9

Contact ~ 800.572.4712; email ~ info@vitanica.com



Quality Control Statement

Vitanica is committed to maintaining the content and purity of our dietary supplements. We believe this is accomplished by focusing on the principles that contribute to well-designed products which will support health without contributing to toxicity, utilizing safe and effective ingredients.

Good Manufacturing Practices involve having policies in place to assure adequate and clean facilities, training of staff, verifying and tracking suppliers, raw material testing, clean and organized manufacturing and labeling lines, record keeping, finished product testing, clean and regulated warehousing, etc.

At Vitanica, we strive for excellence in these principles.

One way to assure quality is through third party certification via on-premise observation and analysis. At Vitanica, we are glad to say our dietary supplement manufacturing facilities are third-party certified, FDA registered and meet all regulation standards set forth by the FDA Dietary Supplement Health and Education Act as outlined in the code of Regulations, Title 21, part 111. In addition, we are a Silver Partner with Emerson Ecologics Quality Assurance Program.

All said, if products are well made, but not well designed, they may fail at supporting health. At Vitanica, we are proud to remind you our products are researched and designed by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Vitanica works like a business, but with the heart of a healer. Vitanica began in 1994 with the dream of helping women. Every day, we want to impact women's health through education and healing. Quality assurance is an essential element of meeting our dream.