



**OMEGA**  
WELLNESS

# Sleep Aid

- ◆ Promotes sustained, restful sleep
- ◆ Helps you fall asleep quicker
- ◆ Contains multiple sleep aids
- ◆ Contains ingredients to promote calm

Omega Wellness Sleep Aid is an all-natural, comprehensive sleep aid that helps you fall asleep quicker and wake up refreshed. This formula contains

L-Tryptophan, an essential amino acid contained in many foods (e.g. poultry, meat and fish) that has a relaxing effect.



## Supplement Facts

Serving Size: 1 Vegetarian Capsule

Amount Per Serving		% Daily Value
Niacin (as Inositol hexanicotinate)	5mg	25%
Vitamin B6 (as Pyridoxine HCl)	5mg	250%
L-Tryptophan	500mg	*
Chamomile (flower)	25mg	*
Valerian Extract	25mg	*
Melatonin	1mg	*
Inositol (from Inositol hexanicotinate)	1.4mg	*

\*Daily Value not established.

**Other ingredients:** Cellulose, microcrystalline cellulose, silica, magnesium stearate, hydroxypropyl cellulose.

*These statements have not been evaluated by the Food and Drug Administration*

**Ask your doctor if this product will benefit you.**