

# US Rest Complete

**Directions:** Adults take one (1) tablet as needed one hour before bedtime for relief of occasional sleeplessness.

## Supplement Facts

Serving size: 1 Tablet

Servings per container: 28

Amount Per Serving		%DV
L-Theanine	50 mg	†
Ashwagandha Extract ( <i>Withania somnifera</i> , root)	300 mg	†
Melatonin	2 mg	†
GABA (Gamma-Aminobutyric Acid)	125 mg	†

†Daily value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Hydroxy Propyl Cellulose, Dextrin, Colloidal Silicon Dioxide, Soy Lecithin, Vanilla Flavor, Sodium Carboxymethylcellulose, Sodium Citrate.

**Contains: Soy.**

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

**Keep out of reach of children.** Consult your physician if you are pregnant, nursing, taking a prescription drug, or have a medical condition. Do not drive or operate machinery when taking melatonin.

There is a safety seal under the cap. Do not use if the seal is broken or missing. Keep tablets in original container with the lid tightly closed between use. Store in a cool, dry place. Store below 25 °C.

Laboratory tested. Quality guaranteed. Meets USP specifications for uniformity, potency, and disintegration, where applicable.

**Manufactured by:**

USANA Health Sciences, Inc.  
3838 W. Parkway Blvd.  
SLC, Utah 84120 USA