

Recommended Dose: Take 3 capsules daily 1 hour before bedtime or as recommended by your health professional. **Warning:** If you are allergic to anethole or plants of the Apiaceae/Carrot family, do not use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Consumption with alcohol, drugs or other supplements with sedative properties is not recommended. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. If hypersensitivity occurs, discontinue use. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place.

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

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Manufactured for
Seroyal USA
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GENESTRA
BRANDS®

Herbal Calm[‡]

Dietary Supplement

Traditional support for restful sleep and relaxation[†]

60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 3 Capsules
Servings per Container 20

	Amount Per Serving	% DV
Sweet Fennel (<i>Foeniculum vulgare</i> subsp. <i>vulgare</i> var. <i>dulce</i>) Seed Extract (4:1) 1,200 mg Dried Equivalent	300 mg	*
Lemon Balm (<i>Melissa officinalis</i>) Herb Top Extract (4:1) 600 mg Dried Equivalent	150 mg	*
Passionflower (<i>Passiflora incarnata</i>) Aerial Parts Extract (4-6:1) 300-450 mg Dried Equivalent	75 mg	*
Valerian (<i>Valeriana officinalis</i>) Root Extract (2.7:1) 202.5 mg Dried Equivalent	75 mg	*

* Daily value (DV) not established

Other ingredients: Cellulose, hypromellose, ascorbyl palmitate, silica