

Suggested use: Take 1 capsule 30-45 minutes before bedtime.

At Agebest Basics® our goal is to create worldwide health naturally, one person at a time. We give you the information and products you need to take control of your own health and make a significant difference in how you feel every day. When you feel good, everything looks better – and you look better too.

Sleep affects every part of life; it is essential for normal function and an integral part of health and wellness. The natural ingredients in our unique sleep formula work together to induce relaxation that facilitates falling asleep.* Withania somnifera (Ashwagandha) has antioxidant properties that help relieve feelings of stress and anxiety, support healthy cardiovascular and immune system function, promote healthy cognitive function and help the body maintain normal inflammatory response.* Griffonia simplicifolia seed (5-HTP or L-5-Hydroxytryptophan) has been shown to increase the amount and availability of serotonin in the body. Increased serotonin levels have been associated with feelings of wellness, appetite suppression and the maintenance of a healthy sleep cycle.* Our proprietary spirulina-derived C-phycoerythrin boosts the immune system, supports normal, healthy histamine levels and helps the body maintain normal and healthy inflammatory response.*

***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.**

IF YOU ARE PREGNANT, NURSING, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR HEALTHCARE PRACTITIONER BEFORE TAKING ANY DIETARY SUPPLEMENT.

agebest
basics®

nocturnal calm™
Dietary Supplement

This proprietary natural sleep blend promotes a healthy sleep cycle and induces relaxation to facilitate falling asleep*

30 capsules • 275 mg • 30-day supply

Gluten-free

Supplement Facts

Serving size: 1 capsule **Servings per container:** 30

	Amount per serving	% daily value
Proprietary Sleep Blend	275 mg	*
Withania somnifera (Ashwagandha) (root) Extract		*
C-phycoerythrin		*
Griffonia simplicifolia (seed) Extract		*

Percent daily values are based on a 2000 calorie diet.

*Daily value not established.

Other ingredients: rice flour, magnesium stearate and silicon dioxide (capsules).

Does not contain: sugar, soy, dairy, yeast, wheat, preservatives, artificial colors or flavors.

Distributed by: Agebest Basics® • 336 Bon Air Center, #155 Greenbrae, CA 94904

For details about our company's vision, products and to re-order, go to: **www.agebestbasics.com**

KEEP OUT OF REACH OF CHILDREN.
TAMPER EVIDENT. DO NOT USE IF
SEAL IS BROKEN. STORE IN A COOL,
DRY PLACE. PLEASE RECYCLE.

