



Benesom®

Relief for Occasional Sleeplessness*

Form: Tablets

Flavor: no flavor

Size: 60 Tablets

Benesom® is formulated to promote a restful, relaxed state and relieve occasional sleeplessness by beneficially modulating the metabolism of melatonin and promoting relaxation.*

Ingredient	Amount	% Daily Value
Serving Size	2 Tablets	
Servings Per Container	30	
Calcium (as calcium lactate)	70 mg	5%
Magnesium (as magnesium citrate)	140 mg	33%
Chinese Skullcap (<i>Scutellaria baicalensis</i>) Root Extract [standardized to 30% (120 mg) flavones]	400 mg	*
Passionflower (<i>Passiflora incarnata</i> L.) Flower Extract [standardized to 1.6% (3.2 mg) flavonoids]	200 mg	*
Melissa Lemon Balm (<i>Melissa officinalis</i> L.) Leaf Extract [standardized to 3% (4.5 mg) rosmarinic acid]	150 mg	*
Valerian (<i>Valeriana officinalis</i> L.) Root Extract [standardized to 0.8% (0.8 mg) valerenic acid]	100 mg	*
Hops (<i>Humulus lupulus</i> L.) Cone 7.5:1 Extract	50 mg	*
Melatonin	3 mg	*

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating (hypromellose, mediumchain triglycerides, and hydroxypropylcellulose).

Directions: Take 1-2 tablets approximately 30 minutes prior to sleep or as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

Warning: Do not use if pregnant or nursing.

Caution: For adult use only. Avoid use with history of seizures or depression, if taking benzodiazepines or sedating medications, or if consuming alcohol. If taking medications, including anticoagulants, or experiencing long term sleep difficulties, consult your healthcare practitioner before use. Use with caution if driving or operating machinery. Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place.

*Daily Value not established.