

PowerNap Supplement Facts

SUPPLEMENT FACTS		
Serving Size: 1 Softgel		
Servings per Container: 9		
	Amount Per Serving	% Daily Value
Chamomile Extract 4:1	1 mg	††
Green Tea Extract (100 mg naturally occurring caffeine)	275 mg	††
†† Daily Value not established.		

OTHER INGREDIENTS: Soybean oil, gelatin, glycerol, beeswax, lecithin, water, titanium dioxide, FD&C Blue No. 1, hypromellose, polyethylene glycol, povidone.

DIRECTIONS: (Adults) Take one (1) softgel with water approximately 15 minutes before desired start of nap.[†] Wake up refreshed when your alarm clock goes off about 45 minutes later.[†]

WARNINGS: POWERNAP is intended for use by normally healthy adults only. Chronic or recurring fatigue or drowsiness should be discussed with a doctor as it may be a sign of a more serious condition. Use caution when driving or operating machinery until you determine how POWERNAP will affect you. When using this product, limit the use of other caffeine-containing foods, beverages or medications because too much caffeine may result in nervousness, irritability, or occasionally rapid heartbeat. The recommended serving contains about as much caffeine as one cup of coffee. Persons under 18 years of age should use only as directed by a doctor. Consult a health professional before use if you are taking any other dietary supplements or medications. If pregnant or nursing a baby, seek the advice of a doctor before using this or any other dietary supplement.

KEEP OUT OF REACH OF CHILDREN. **CONTENTS SEALED: Each POWERNAP softgel bears the identifying mark "ALVA" and is sealed in a clear plastic blister with a foil backing. Do not use if seal appears broken or if product contents do not match product description.

TO REPORT SIDE EFFECTS ASSOCIATED WITH THIS PRODUCT OR OBTAIN PRODUCT INFORMATION, CONTACT 1-800-792-2582.

[†]Your timing may vary