

### DOSIS AANWYSINGS:

**Inleidende Dosis:** Neem eers een kapsel die eerste aand, neem 45 minute tot 'n uur voor slaaptyd. Dalk benodig jy net een kapsel.

**Normale Dosis: 2 Kapsules daaglik.** In sommige gevalle is 3 kapsules benodig om die gewenste resultaat te bereik.

**Maksimum Dosis: 4 Kapsules daaglik.**

**Vir die beste resultate:** Neem saam met **Ultima 1 Shake**.

### SAMESTELLING INLIGTING:

(Tipiese waardes per 2 Kapsules): Vitamien B1 (Tiamien) – 1.5 mg, Vitamien B2 (Riboflavin) – 1.8 mg, Vitamien B3 (Niasien) – 20 mg, Vitamien B6 (Pridoksien) – 2 mg, Foliensuur – 400 µg, Vitamien B12 (Methylcobalamin) – 3 µg, Vitamien B5 (Kalsium Pantothenaat) – 10 mg. **Kruie Mengsel (2 819 mg) wat bestaan uit:** Gestandaardiseerde Ekstrakte [Valeriana Officinalis, Lemon Balm (Melissa Officinalis), Passion Flower (Passiflora Incarnata), Hops (Humulus Lupulus), Gingko Biloba], Kofien Bitraat en Inositol. **Onaktiewe Bestanddele:** Magnesiumsteeraat, Stysel, Silikondoksied en Gelatienkapsules.

**VRYWARING:** Hierdie medisyne is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel om te diagnoseer, te behandel, genees of enige siekte te voorkom nie.

Steek gebruik en raadpleeg 'n dokter indien enige nadelige reaksies plaasvind. Bêre op of onder 25 °C. Sien voubljet en pasiëntinligtingsblaadje binnekant box. **HOU BUIE BEREIK VAN KINDERS.**

*Contains 60 Capsules – Bevat 60 Kapsules  
30 Day Supply – 30 Dae Aanbod*

The image shows the front of a black box for 'Ultima Tranquil Sleep' capsules. The word 'Ultima' is written in a large, white, serif font at the top. Below it, 'Tranquil Sleep' is written in a large, white, cursive font. To the right of the main text, there is a small white box containing the text 'S0' and '03216'. Below this, the text 'Combination Complementary Medicine/ Kombinasie Komplimentêre Medisyne' is written in a smaller font. At the bottom of the box, there is a white banner with the text 'With Valerian, Lemon Balm and more / Met Valerian, Lemon Balm en meer / Have a Good Night's Sleep - Naturally / 'n Goeie Nag se Slaap - Natuurlik'.

### DOSAGE INSTRUCTIONS:

**Introductory Dosage:** Begin by taking only one capsule the first night, take 45 min to 1 hour before bedtime. You may find that only one capsule is effective.

**Normal Dosage: 2 capsules daily.** In some cases 3 capsules before bedtime may be needed to get the desired result.

**Maximum Dosage: 4 capsules daily.**

**For Best Results:** Take together with **Ultima 1 Shake**.

### COMPOSITION:

(Typical Values per 2 Capsules): Vitamin B1 (Thiamine) – 1.5 mg, Vitamin B2 (Riboflavin) – 1.8 mg, Vitamin B3 (Niacin) – 20 mg, Vitamin B6 (Pyridoxine) – 2 mg, Folic Acid – 400 µg, Vitamin B12 (Methylcobalamin) – 3 µg, Vitamin B5 (Calcium D Pantothenate) – 10 mg. **Proprietary Herbal Blend (2 819 mg) consisting of:** Standardized Extracts [Valeriana Officinalis, Lemon Balm (Melissa Officinalis), Passion Flower (Passiflora Incarnata), Hops (Humulus Lupulus), Gingko Biloba], Choline Bitartrate and Inositol.

**Inactive Ingredients:** Magnesium Stearate, Starch, Syloid and Gelatin Capsules.

**DISCLAIMER:** This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

Discontinue use and consult a doctor if any adverse reactions occur. Store at or below 25 °C. See package insert and patient information leaflet inside box. **KEEP OUT OF REACH OF CHILDREN.**

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