



SleepAid Capsules

Helps Fight Insomnia & Stress

Direction for use:

2 Capsules at bed time or as directed by the physician.

Storage condition:

To be stored at room temperature in a cool and dry place, keep away from direct sunlight.

Precaution:

Tighten the container after use.

Keep out of reach of children.

Do not use if seal is broken.

Consult your physician/healthcare professional if you are pregnant or a nursing mother.

Note:

As per international safety standards, this product is tested for heavy metals, steroids and pesticides.

No Preservatives added.

Tips for Sound Sleep:

- Avoid negative and stressful thoughts of day to day life while going to sleep
- Avoid heavy dinner and have milk every night for sound sleep
- Have your dinner at least two hours before going to bed
- Go to bed early about 10pm, get enough sleep and wake up early in the morning
- Go for regular walk and do regular exercise yoga and pranayama

If you have any queries kindly talk to our expert on 1800 313 3132.