



48
Dietary
Supplement
Caplets

- **Effective**
- **Non-habit forming**
- **Easy to swallow caplets**

TRANQUIL® DAY Caplets help relax and reduce occasional simple nervousness, tension, restlessness and related irritability.* **TRANQUIL DAY** helps ease the stress of daily living.*

SUPPLEMENT FACTS

Serving Size: 2 Caplets
Servings Per Container: 24

| | Amount Per Serving | % Daily Value |
|------------------|-----------------------|------------------|
| Hops Extract | 240 mg | † |
| Valerian Extract | 500 mg | † |

† Daily Value not established.

Other Ingredients: Croscarmellose sodium, dicalcium phosphate, ethyl vanillin, FD&C Red #40 Lake, FD&C Yellow #6 Lake, hypromellose, magnesium silicate, magnesium stearate, microcrystalline cellulose, mineral oil, silica, stearic acid, titanium dioxide and triacetin.

*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.

DIRECTIONS: (Adults) Take two (2) caplets with a full glass of water. Drink six (6) to eight (8) glasses of water daily. Tranquil Day is intended for use by normally healthy adults only. Persons under 18 years of age should use only as directed by a doctor. If pregnant or nursing a baby seek the advice of a health professional before using this or any dietary supplement. **KEEP OUT OF REACH OF CHILDREN. USE CAUTION** when driving or operating machinery until you determine how the Tranquil Day Calming Formula affects you.

****CONTENTS SEALED:** Each Tranquil Day light pink colored, oval shaped caplet bears the identifying mark "ALVA" and (3) on the reverse, and is sealed in a clear plastic blister with foil backing. Do not use if seal appears broken or if product contents do not match product description.

Questions? 1-800-792-2582
www.TranquilDay.net

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