

Use only as directed. Do not use if you are pregnant or nursing. If you have a medical condition or are taking prescription medications, consult with your physician before using this product. Do not exceed 9 capsules during any 24 hour period. Keep out of reach of children. Store in a cool, dry place.



HiQi<sup>™</sup>  
HEALTH (h<sup>ī</sup> · ch<sup>ē</sup>)

 Bionology System<sup>™</sup>

## RESTFUL SLEEP

*safe and natural support*

- Fall asleep faster\*
- Sleep longer & more deeply\*
- Wake up more rested\*

DIETARY  
SUPPLEMENT

500 MG /  
60 CAPSULES

SAFE, PURE AND NATURAL

RESTFUL SLEEP SUPPORT

**Directions:** Take 2 capsules 30 minutes before retiring. Do not exceed 9 capsules during any 24 hour period.

### SUPPLEMENT FACTS

Serving Size 2 Capsules  
Servings per Container 30

Amount per Serving	%DV
Proprietary Blend	1000mg
Ziziphus jujuba leaf extract	+
Acanthopanax obovatus Hoo Extract	+
Polygonum Multiflorum Extract	+
Valeriana pseudofficinalis Extract	+
Albizia julibrissin durazz flower extract	+
Panax notoginseng leaf extract	+
Concha Margaritifera (pearl powder)	+
Glycyrrhizae root extract	+
+Daily Value not established	

Other ingredients: gelatin, silicon dioxide, magnesium stearate

HiQi Health products are produced and distributed by Pharm East, Inc., P.O. Box 1458, Kea'au, HI 96749 (888) 275-3570  
[www.hiqihealth.com](http://www.hiqihealth.com)



HiQi is pronounced "Hi-Chee" and refers to enhanced energy, health and vitality.

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### A Message from Dr. Rulin Xiu:

I formulated this product to help you get the sleep your body craves. My patented, 100% herbal formula gets to the root of poor sleep by balancing the nervous system and restoring natural sleep cycles.\* So you'll fall asleep faster, sleep longer, and wake up more rested.\*

**I'm Dr. Rulin Xiu, and the goal of my products is to nurture your body systems so you don't need to take anything – not even my products – once you're well.**

**Dr. Rulin Xiu**  
Founder, HiQi Health

\*This product is not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the Food & Drug Administration.

● Helps promote deep and restful sleep\*

● Soothes and balances the central nervous system\*

● No known side effects\*