# #howizhou •

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### **Z**

FORMULA

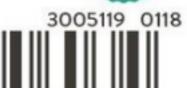
SUGGESTED USE: Use only as directed. Take two (2) capsules with food and water once daily or as directed by your healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18 and individuals with a known medical condition should consult a physician before using this or any dietary supplement.













## CALM NOW

**SOOTHING STRESS FORMULA\*** 

**DIETARY SUPPLEMENT** 

60 VEGGIE CAPSULES

### SUPPLEMENT FACTS

Serving Size: 2 Vegetable Capsules • Servings Per Container: 30

Amount Pe	er Serving	% DV
VItamin B1 (as Thiamine HCI)	12 mg	800%
VItamin B2 (as Riboflavin)	12 mg	700%
Nlacin (as Niacinamide)	28 mg	140%
VItamin B6 (as Pyridoxine HCI)	8 mg	400%
VItamin B5 (as Calcium Pantothenate)	16 mg	160%
Magnesium (as Magnesium Oxide)	25 mg	6%
ZInc (as Zinc Oxide)	25 mg	160%
Calm Now® Botanical Blend Hawthorn Powder (berry), Lemon Balm I Passion Flower Extract (whole plant), Ho		
Ashwagandha Powder (root)	200 mg	**
Rhodiola Rosea Extract (root)	200 mg	**
Bacopa Monnieri Extract (whole plant)	200 mg	**

\*\* Daily Value (DV) not established.

OTHER INGREDIENTS: Rice Flour, Cellulose (vegetable capsule), Vegetable Magnesium Stearate.

CAREFULLY CRAFTED FOR

#### **ZHOU NUTRITION®**

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