

KSM-66® is the registered trademark of Ixoreal Biomed Inc.

Suntheanine® is a registered trademark of Taiyo International Inc.



Find your happy place.

Includes Suntheanine® L-Theanine to promote a sense of calm and relaxation plus adaptogenic mushrooms and ashwagandha, a traditionally used adaptogen.*

Sit back, relax and give yourself a break!

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548

GNC.com
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

* 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.



NET WT 3.17 OZ (90 G)

DIETARY SUPPLEMENT

CODE 318513

DIRECTIONS: As a dietary supplement, add 1 scoop to 4 fl. oz. of cold water and mix thoroughly. For best results, enjoy two servings daily.

CTG

Supplement Facts

Serving Size 1 Scoop (2.25 g)/Servings Per Container 40

Amount Per Serving	% Daily Value
Calories.....	10
Total Carbohydrate.....	2 g... 1%†
Total Sugars.....	0 g... *
Includes 0 g Added Sugars.....	0%†
Magnesium (as Magnesium Citrate).....	125 mg.. 30%
KSM-66® Organic Ashwagandha Root Extract...300 mg.....*	
(Withania somnifera)	

Amount Per Serving	% Daily Value
Organic Adaptogenic Mushroom Blend 250 mg.... *	
Chaga Mushroom Powder (<i>Inonotus obliquus</i>)	
Cordyceps Mushroom Powder (<i>Cordyceps militaris</i>)	
Reishi Mushroom Powder (<i>Ganoderma lucidum</i>)	
Chamomile Flower Powder (<i>Matricaria recutita</i>) ..110 mg.....*	
Suntheanine® L-Theanine100 mg.....*	
Hops Flower Extract 4:1 (<i>Humulus lupulus</i>) 60 mg.....*	

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: Natural Flavors (Natural Lemon Flavor, Natural Cucumber Flavor, Natural Mint Flavor, Other Natural Flavors), Xanthan Gum, Citric Acid, Malic Acid, Stevia Extract, Monk Fruit Extract.

CONTAINS: Milk.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

No Sugar, No Artificial Sweeteners, No Artificial Colors, No Artificial Flavors, No Preservatives, Gluten Free, No Soy.

NOTICE: Significant product settling may occur.