

 **3 caps (men)**
2 caps (women)

 **30-60 min.**

 **before bed**

 **Best if taken empty stomach**

Suggested Use: Men take 3, or women take 2 capsules daily, preferably on an empty stomach 30 – 60 minutes before bedtime. For best results, avoid taking with dairy or other calcium-containing foods or supplements.

VEGETARIAN | NON-GMO | GLUTEN FREE | BSE/TSE FREE

Warning: NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. KEEP OUT OF THE REACH OF CHILDREN. If you are pregnant, breast feeding, have known medical conditions (including kidney or liver disease) or are taking prescription or OTC medication(s) consult with your health care practitioner before using this product. Discontinue use two weeks prior to surgery.

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FDA Registration: 16906175560



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180
V-Caps Dietary
Supplement

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FACILITY

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Supplement Facts

Serving size: 3 v-caps for men (2 v-caps for women)
Servings per container: 60 for men (90 for women)

Amount Per Serving	% Daily Value*			
	Men		Women	
Vitamin B6 (as pyridoxine hydrochloride)	10.5mg	525%	7mg	350%
Magnesium (as aspartate)	450mg	113%	300mg	75%
Zinc (as mono-L-methionine and aspartate)	30mg	200%	20mg	133%

*Percent Daily Value based on a 2000 calorie diet.

Other Ingredients: vegetable capsule.

STORE IN A COOL DRY PLACE.

†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.

FULL LABEL DISCLOSURE

NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE

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