

**Directions:** Mix packet contents into 8 fluid ounces of water once daily or as directed by your healthcare practitioner.

**This product is non-GMO, gluten-free, and vegetarian.**

**Caution:** If pregnant or nursing, please consult your healthcare practitioner before use. Keep out of reach of children.

**Storage:** Keep in a cool, dry place.



\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

 **Metagenics**

# MetaRelax<sup>®</sup>

Designed to help support restful sleep,  
positive mood, and relaxation\*

**DIETARY SUPPLEMENT**



Orange Citrus Flavor  
with Other Natural Flavors

NET WT. (0.11 oz) (3.3 g)

**Supplement Facts** Serv. Size 1 Packet (3.3 g), Amount per Serving: Vitamin B<sub>6</sub> (as pyridoxine HCl) 2.8 mg (165% DV), Folate (as folic acid and calcium L-5-methyltetrahydrofolate) 330 mcg DFE (100 mcg folic acid) (83% DV), Vitamin B<sub>12</sub> (as methylcobalamin) 3 mcg (125% DV), Magnesium (as magnesium bis-glycinate) 150 mg (36% DV), Taurine 200 mg<sup>†</sup>. <sup>†</sup>Daily Value (DV) not established.

Other Ingredients: Citric acid, natural flavors, rebaudioside A (from *Stevia rebaudiana* leaf extract), and silica.

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