Suggested Use. As a dietary supplement, to support important functions in the body that promote restful sleep, and a sense of calm, comfort, and well-being. Initial Dosing - take one (1) capsule, twice daily. Subsequent Dosing - continue initial dosing, or For restful sleep - take one (1) capsule before bedtime, Increased benefits are typically seen over time with

Warnings, Keep out of reach of children. Do not exceed recommended dose. Do not purchase if seal is broken or missing. Protect from heat, light and moisture. Store tightly in a cool, dry place. Please consult your health care practitioner before taking this product with regard to any questions you may have or if you are pregnant, nursing, taking any medication, or have a medical condition.

Helps relieve emotional and physical distress.

increase to two (2) capsules, twice daily, for

Personal Dosing - take up to six (6) capsules throughout the day (1 or 2 at a time).

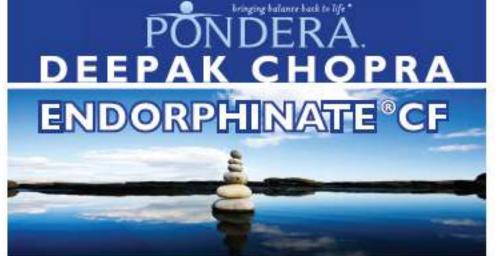
or two (2) capsules for extra-strength.

extra-strength.

daily use.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure





Promotes Relief from **Emotional and Physical Distress** By Enhancing Healthy Endorphin Functioning

Calm + Well-Being + Restful Sleep

Dietary Supplement • 60 Vegetarian Capsules

Supplement Facts Serving Size: 1 Vegetable Capsule

Servings Per Container: 60 servings

magnesium gylcyl glutamine)

Magnesium (as magnesium sulfate and

Proprietary Blend:

697.5 mg N-Acetyl Cysteine, L-Theanine (Suntheanine®), Lemon Balm, Rhodiola Rosea extract 4% Extract (standardized to 4% rosavins), Ashwagandha Extract (SensorilTM), Ginkgo Biloba Extract (24% ginkgo flavonol glycosides, 6% terpene lactones and <5 ppm ginkgolic acid), Coleus Forskolin Root Extract (standardized to 10% forskolin) [caffeine-free]

% Daily Value

Amount

20 mg

Per Serving

** Daily value not established.

Other ingredients: Vegetable cellulose (capsule shell), rice bran, magnesium stearate, silica.

This product contains no milk, egg, fish, peanuts, crustacean shellfish, soybeans, tree nuts,

wheat, gluten, corn, sugar or any artificial sweeteners, flavors, colors, or preservatives.

Suntheanine® is a registered trademark of Taiyo International, Inc. US patent Nos. 68311036,

589566, 6297280. Sensoril® is a trademark of Natroon, Inc. and is protected under U.S. Patent

6,713,092. Endosphinate® is a registered trademark of and is manufactured for and distributed

by Pondera Pharmaceuticals, Inc., 209 Chadsey Road, Pownal ME 04069 pursuant to U.S.

pending patent 12973839.