SUGGESTED USAGE: 1 capsule taken 1 to 2 times daily preferably with meals, or as directed by your Healthcare Professional.

NOTE: If you are pregnant or nursing, consult your Healthcare Professional before using.

KEEP OUT OF THE REACH OF CHILDREN.

CAUTION: Do not exceed recommended dose. Avoid driving or operating heavy machinery while Istaing this product. Not recommended for pregnant or numbers or children under 18 of years of age. Not for use by individuals with a known medical condition including liner disease, blooder framatic depressants or MAO inhibitors. If you sharp prescription medications including anti-depressants or MAO inhibitors. If you sharp we questions about the advisability of taking this product, consult your physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, ego, peanuts, tree ruts, fish, and crustacean shellfish. Do not use if seal under cap is broken or missing. 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.













WITH ASHWAGANDHA & CHAMOMILE

PROMOTES CALMING, A BALANCED & POSITIVE MINDSET



DIETARY SUPPLEMENT



Serving Size 1 Vegetable Capsule Servings Per Container: 60

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Amount Per Serving	%Dai	ly Valu
Vitamin B-1 (thiamine HCI)	2mg	1339
Vitamin B-2 (riboflavin)	2mg	1189
Niacinamide	10mg	50%
Vitamin B-6 (pyridoxine HCI)	10mg	500%
Folic Acid	50 mcg	139
Vitamin B-12 (cyanocobalamin)	100 mcg	16679
Calcium (carbonate)	50 mg	59
Magnesium (oxide)	50 mg	139
Ashwagandha Root (7% extract)	30mg	,
GABA (gamma-Aminobutyric acid)	100mg	,
Chamomile Flower (4:1 extract)	100mg	,
5-HTP (5-Hydroxytryptophan)	50mg	,
(Gryffonia simplicifolia) (seed)		
DMAE (Dimethylaminoethanol Bitartra	te) 25mg	,

*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline cellulose, vegetable cellulose (chlorophyll), vegetable magnesium stearate, silicon dioxide and natural vanilla flavor (added for aroma).