



Supplement Facts

Serving Size : 3 capsules

Servings Per Container : 20

Amount Per Serving	% of Daily Value**	
Zinc Chelate	30 mg	200%
Magnesium Aspartate	450 mg	113%
Vitamin B6	10.5 mg	525%
GABA	1000 mg	†
Valerian Root	200 mg	†
Kava Kava	200 mg	†
5 HTP	100 mg	†
Alpha-Glycerol-phosphocholine	100 mg	†
Melatonin	3 mg	†

† Daily Value not yet established

** Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower based on your calorie needs.

OTHER INGREDIENTS:

Gelatin, Silicon Dioxide, and Magnesium Stearate.