



Suggested Use: As a dietary supplement, take 1 tablet about 30-60 minutes before bedtime (let tablet dissolve in mouth).

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

Amount Per Serving	% Daily Value	
Magnesium (as magnesium oxide)	25 mg	6 %
Chamomile Flower Powder	10 mg	†
Melatonin	2 mg	†

†Daily Value not established.

Other Ingredients: Mannitol, crospovidone, microcrystalline cellulose, stearic acid, magnesium stearate, citric acid, natural flavors, Rebaudioside A (from Stevia leaf extract), silicon, dioxide, Spirulina extract, Blueberry fruit powder, Luo Han Guo fruit powder.

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Not for use by those under 18 years of age. Do not take when operating machinery or driving a vehicle. If you are pregnant, nursing, or taking any prescription drugs, consult a health professional before using this product.