





Lot # and best by Date Printed on bottom of Bottle V5R3 SUGGESTED USE: 1 capsule taken at bedtime or as directed by a healthcare professional.

CALITION: For relief of occasional sleeplessness only. Do not exceed the recommended dose This product is not intended for pregnant or nursing mothers, children under the age of 18, or individuals taking any prescription medication including anti-depressants. Avoid driving or performing other potentially dangerous tasks while taking this formula. If you have questions about the advisability of taking this product, consult a physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish

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.



## COGNIZANCE

REST & REJUVENATION SUPPORT



DIETARY SUPPLEMENT

**60 CAPSULES** 

## **Supplement Facts**

Serving Size 1 Vegetable Capsule 60 Serving Per Container:

Amount Per Serving	3/4 Daily Value	
Magnesium (as oxide / citrate)	100 mg	24%
L-Theanine	200 mg	*
GABA (gamma-Aminobutyric acid)	50 mg	(*)
Phellodendron Root Powder	50 mg	100
Mucuna pruriens (15% extract) (seed)	50 mg	*
5-HTP (5 Hydroxytryptophan)	25 mg	*
Melatonin	1mg	*

\*Daily Value not established.

Other ingredients: Rice powder, vegetable cellulose, vegetable magnesium stearate, silicon dioxide and titanium dioxide.

KEEP OUT OF THE REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED
OR MISSING. STORE IN A COOL. DRY PLACE.

Vendor Code: 5702-HS-SLF02-F-60