

SUGGESTED USE: 2 capsules daily preferably with meals or as directed by a healthcare professional.

CAUTION: 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 antidepressants. Reduce dose if drowsiness occurs. 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.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED 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.

Distributed exclusively by: Natures Nectar
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Proudly Made in
the USA



Manufactured in a GMP
Certified Facility



Keep Calm

stress Support

Nutritional Support

DIETARY SUPPLEMENT



60 CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings Per Container: 30

Amount Per Serving		%Daily Value
Vitamin C (ascorbic acid)	50 mg	83%
Vitamin B-1 (thiamine mononitrate)	15 mg	1000%
Vitamin B-2 (riboflavin)	10 mg	588%
Niacinamide	15 mg	75%
Vitamin B-6 (pyridoxine HCl)	10 mg	500%
Pantothenic Acid (d-cal. pantothenate)	12 mg	200%
Magnesium (oxide)	200 mg	50%
Lemon Balm	350 mg	*
Valerian Root Powder	250 mg	*
Rhodiola rosea Powder	150 mg	*
GABA (gamma-Aminobutyric acid)	100 mg	*
Ashwagandha Powder	100 mg	*
5-HTP (5-Hydroxytryptophan)	50 mg	*
(Glycyrrhiza simplicifolia) (seed)		
Malatonin	1 mg	*

*Daily Value not established.

Other ingredients: Gelatin (bovine), vegetable magnesium stearate, silicon dioxide and rice powder.



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