

**SUGGESTED USE:** As a dietary supplement, take two capsules a day. For best results, take one in the morning and one in the afternoon.

**WARNING:** Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition, should consult with a physician before taking this or any other dietary supplement.

† 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.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE THIS PRODUCT IF OUTER SEAL AROUND CAP IS MISSING OR BROKEN. STORE AT ROOM TEMPERATURE.

All Premium Certified™ products come with a 100% PREMIUM Guarantee when purchased directly from Premium Certified™. If you are not completely satisfied with your purchase, return the unused portion within 90 days for a full refund.



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PREMIUM GRADE • HIGHEST STANDARDS

NO GMOs • NO HORMONES  
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NO GLUTEN • NO COLORING

WITH  
VALERIAN  
& 5-HTP

VEGAN FRIENDLY  60 CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

|                                                    | Amount Per Serving | %DV  |
|----------------------------------------------------|--------------------|------|
| Magnesium (as Magnesium Oxide)                     | 190 mg             | 45%  |
| Niacinamide (Vitamin B3)                           | 100 mg             | 625% |
| Valerian ( <i>V. officinalis</i> ) Extract         | 200 mg             | *    |
| Passion Flower ( <i>P. incarnata</i> )             | 200 mg             | *    |
| Chamomile Flower ( <i>M. recutita</i> )            | 170 mg             | *    |
| 5-HTP ( <i>G. simplicifolia</i> )                  | 100 mg             | *    |
| Magnolia ( <i>M. officinalis</i> ) Extract         | 100 mg             | *    |
| L-theanine (99% pure)                              | 100 mg             | *    |
| Eleuthero ( <i>E. senticosus</i> )<br>Root Extract | 60 mg              | *    |
| Wild Oat ( <i>A. sativa</i> )                      | 40 mg              | *    |
| Brahmi ( <i>B. monnieri</i> )                      | 40 mg              | *    |

\* Daily Value not established.

% Daily Values are based on a 2000 calorie diet

Other Ingredients: Vegetarian (Vegetable) Cellulose.

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