

RELAX supports balanced deep and restful sleep cycles.* Sleep serves many vital functions in the body. If you are feeling fatigued from intense workouts, irritable, or feel your fitness progress is stunted, it could be you are lacking the necessary sleep to negate these effects.* **Amazing Muscle® RELAX** not only helps those who have trouble sleeping, but it also has a calming and relaxing effect, promoting positive mood.* It also supports mental alertness so you can focus on your routines at the gym.*

SUGGESTED USE: As a dietary supplement, adults take one (1) capsule at bedtime or as directed by a health care professional.

CAUTION: Not intended for use by children under the age of 18. If you are pregnant, nursing, taking any medication(s) or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. **KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.**

*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.



DIETARY SUPPLEMENT | **MUSCLE®**
RELAX
ALL-NATURAL SLEEP SUPPORT*
60 CAPSULES
SUPPORTS DEEP & RESTFUL SLEEP*
SUPPORTS MENTAL ALERTNESS & MOOD*
HELPS REDUCE WORKOUT FATIGUE*

Supplement Facts

Serving Size 1 Capsule
Serving Per Container 60

Amount Per Serving	% DV
Valerian Root Extract	225 mg **
Lemon Balm Leaf Extract	150 mg **
Hops Flower Extract	60 mg **
L-Theanine	50 mg **
GABA (gamma-Aminobutyric Acid)	50 mg **
Chamomile Flower Extract	25 mg **
Passion Flower Extract	25 mg **
5-HTP	25 mg **
Melatonin	1.5 mg **

** Daily Value (DV) not established

OTHER INGREDIENTS: Cellulose, Silicon Dioxide, Magnesium Stearate and Gelatin (Capsule).



Manufactured for & Distributed by:
AMAZING MUSCLE®
An FDA Regulated Facility
Jersey City, NJ 07310 USA
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