

care/of

Relaxation

A blend of magnesium,
L-theanine, holy basil,
and lemon balm

60 CAPSULES, 30 DAY SUPPLY
DIETARY SUPPLEMENT

Suggested use: Adults, take two capsules daily
with water and food.

Supplement Facts

Serving Size 2 Tablets

Amount Per Serving		%DV
Magnesium (as Magnesium Hydroxide from seawater)	100 mg	24%
L-Theanine	200 mg	*
Lemon Balm (<i>Melissa officinalis</i>) Extract leaves and stem	75 mg	*
Holy Basil (<i>Ocimum tenuiflorum</i> L.) Extract leaf	75 mg	*

*Daily Value not established.

Other Ingredients: Capsule (Hypromellose), Rice Extract, Maltodextrin, Rice Extract Blend (Rice Extract, Rice Hulls, Acacia, Sunflower Oil), Rice Hulls.

Do not use if inner seal is torn or broken.

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1(877) 227-3631

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