

ZenMind® Nighttime with P5P and 5-HTP

ZenMind® Nighttime includes the same amount of GABA and L-Theanine as the best-selling original formula ZenMind®, augmented with vitamin B6 as P5P, and 5-HTP, the precursor to serotonin and melatonin. The combination helps promote a relaxed state, and provides the necessary factors for the body to produce melatonin, supporting normal, healthy sleep.*

Suggested Use

As a dietary supplement, 2 capsules 30 minutes before bedtime, or as directed by a healthcare practitioner.

Warning: Not indicated for pregnant or nursing women. If taking antidepressants or other psychotropic medications, use only under the supervision of a qualified healthcare practitioner.

Keep in a cool, dry place, tightly capped.

Suntheanine®

Suntheanine® is a registered trademark of Taiyo International, Inc.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Formulated exclusively for NutriCology®
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ZenMind® Nighttime with P5P and 5-HTP

Hypoallergenic

Dietary Supplement

60 vegetarian capsules

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value*	
Vitamin B6 (as Pyridoxal-5-Phosphate)	10 mg	588%*
GABA (Gamma-Aminobutyric Acid)	550 mg	†
Suntheanine® L-theanine	200 mg	†
L-5-Hydroxytryptophan	100 mg	†

† Daily value not established.

*Percent Daily Value are based on a 2,000 calorie diet.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, rice hull concentrate, gum arabic, sunflower oil.

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