

Suggested Usage: Take 2 capsules 30-60 minutes prior to bed or as directed by your qualified healthcare provider. Do not take when pregnant, nursing or while consuming alcohol or GABA related medication. Do not operate machinery or drive a motor vehicle.

SUPPORTS RESTFUL & DEEP SLEEP**

PRECISE FORMULATION OF GABA, SENSORIL® ASHWAGANDHA, L-THEANINE, 5-HTP & MELATONIN

AIDS IN MIND & BODY RELAXATION

****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.**

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BEST BY:

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NUTRITION

RELAX-ALL SLEEP®

REST & RESTORE**

60 VEGAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Vegan Capsules
Servings Per Container 30

Amount Per Capsule

Gamma Aminobutyric Acid (GABA)	500 mg*
Sensoril® Ashwagandha (Withania somnifera) Root and Leaf Extract (10% Withanolides)	250 mg*
L-Theanine	150 mg*
L-5-Hydroxytryptophan (5-HTP) (from Griffonia simplicifolia seed)	50 mg*
Melatonin	5 mg*

*Daily Value not established.

Other Ingredients: Cellulose capsule and rice flour.

Contains no added milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten or yeast ingredients.

Sensoril® is a trademark of Natreon, Inc. and is protected under U.S. Patents 6,153,198 & 7,318,938.

Manufactured for MRM®
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