



Supplement Facts

Servings Per Container 30

Serving Size 2 capsules

Amount per Serving %DV

Calories 0

Magnesium	44mg	10%*
(from 350mg Magnesium Citrate)		

Reishi Powder	350mg	**
<i>(Ganoderma lucidum)</i>		

L-Theanine	350mg	**
------------	-------	----

Hemp Oil	40mg	**
----------	------	----

Melatonin	6mg	**
-----------	-----	----

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Hypromellose (Capsule)

Distributed by Beam Organics, Inc.

92 Reservoir Park Drive, Rockland, MA 02370

Suggested Use Take 2 capsules as needed before bed.

Warning Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in pregnant or nursing women, if you have a medical condition, or are taking medication. Do not drive or operate machinery when taking melatonin. If adverse reactions occur, discontinue use and consult with your physician. Keep out of reach of children.

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.