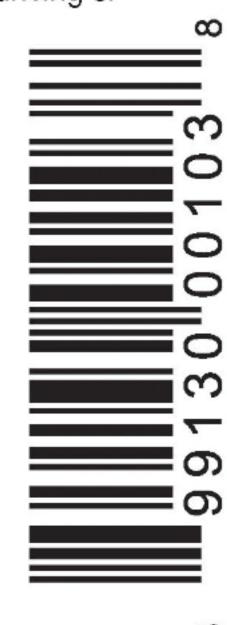
Recommended Use: 1 to 2 capsules taken at bedtime or as directed by a healthcare professional.

Caution: For relief of occasional sleeplessness only. Do not exceed the recommended dose. This product is not intended for pregnant or nursing mothers, children under the age of 18, or individuals taking any prescription medication including anti-depressants. Avoid driving or

performing other potentially dangerous tasks while taking this formula. If you have questions about the advisability of taking this product, consult a physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.



Patent Pending

*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.



Supplement Facts

Serving Size: 1 Vegetable Capsule

Servings Per Container: 30

Amount Per Serving % DV

Magnesium 100 mg 24%

(as magnesium oxide/
magnesium citrate)

Proprietary Blend

376 mg

L-Theanine, GABA (gamma-Aminobutyric Acid), Phellodendron Root Powder, Mucuna pruriens (15% extract) (seed), 5-HTP (5-Hydroxytryptophan), Melatonin

*Daily Value (DV) not established

Other ingredients: Rice powder, vegetable cellulose, vegetable magnesium stearate, silicon dioxide, and titanium dioxide.

[†]Contains natural and synthetic/artificial ingredients. Results may vary.

Non GMO Vegan Formula



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