

DIRECTIONS

AS A DIETARY SUPPLEMENT TAKE TWO (2) VEGGIE CAPSULES ONCE A DAY. FOR BEST RESULTS TAKE 20-30 MIN BEFORE A MEAL WITH AN 8OZ. GLASS OF WATER OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

CAUTION: DO NOT EXCEED RECOMMENDED DOSE. PREGNANT OR NURSING MOTHERS, CHILDREN UNDER THE AGE OF 18, AND INDIVIDUALS WITH A KNOWN MEDICAL CONDITION SHOULD CONSULT A PHYSICIAN BEFORE USING THIS OR ANY DIETARY SUPPLEMENT.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.

FDA
REGISTERED
FACILITY



* 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.

LOT # AND EXPIRATION DATE
PRINTED ON BOTTOM OF BOTTLE.

V6R0

CUSTOMTM
HEALTH CENTERS



RELAX

HELPS MANAGE DAILY STRESS*

DIETARY SUPPLEMENT

GLUTEN FREE • DAIRY FREE



Supplement Facts

Serving Size: 2 Veggie Capsules / Servings Per Container: 30

	Amount Per Serving	%DV
Calcium (as Calcium Carbonate)	25 mg	2%
Vitamin B1 (as Thiamine Mononitrate)	12 mg	1,000%
Vitamin B2 (as Riboflavin)	12 mg	923%
Vitamin B3 (as Niacin)	28 mg NE	175%
Vitamin B6 (as Pyridoxine HCl)	8 mg	471%
Biotin	300mcg	1,000%
Vitamin B5 (as D-Calcium Pantothenate)	16 mg	320%
Magnesium (as Magnesium Oxide)	25 mg	6%
Zinc (as Zinc Oxide)	25 mg	227%
Potassium (as Potassium Gluconate)	4 mg	***
Proprietary Blend	831 mg	**

Rhodiola Extract (*Rhodiola crenulata*)(root), Lutein, Ashwagandha (*Withania somnifera*)(root), Chamomile (*Matricaria chamomilla*)(flower), GABA, Lemon Balm (*Melissa officinalis*)(aerial), Skullcap (*Scutellaria baicalensis*)(root), Hawthorn (*Crataegus pinnatifida* Bunge)(fruit), Bacopa (*Bacopa monnieri*)(whole herb), Magnolia (*Magnolia officinalis*)(bark), Passion Flower (*Passiflora incarnata*)(flower), Valerian (*Valeriana officinalis*)(root), L-Theanine, Oat Straw (*Avena sativa*)(straw), Mucuna Pruriens (seed), St John's Wort (*Hypericum perforatum*)(aerial), Hops (*Humulus lupulus*)(flower), 5-HTP (*Griffonia simplicifolia*)(seed)

** Daily Value (DV) not established *** Less than 2% of Daily Value

Inactive Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.

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