



## SUPPLEMENT FACTS

**Serving size:** 1 Capsule

**Servings per container:** 60

**Amount per Serving:**      **% Daily Value**

REM PM Opti Blend

430mg

Valeriana officinalis Root Extract

\*\*

Gamma Amino Butyric Acid (GABA)

\*\*

L-Tryptophan Ethyl Ester

\*\*

L-Carnitine

\*\*

Green Tea (98% Polyphenols, 50% EGCG)

\*\*

Phosphatidyl-serine

\*\*

Green Tea EGCG 50%

\*\*

Ginkgo Biloba

\*\*

5-Hydroxytryptophan

\*\*

L-Alpha-Glycerolphorylcholine

\*\*

Melatonin

\*\*

\*% Daily Values are based on a 2,000 calorie diet. \*\*% Daily Value not established.

**Other Ingredients:** Microcrystalline Cellulose, Magnesium Stearate, FD&C Yellow #5, FD&C Yellow #6, Titanium Dioxide, Gelatin.

**Directions:** As a dietary supplement, take 1 capsule 30 minutes prior to bedtime.  
DO NOT EXCEED 2 CAPSULES IN 24 HOURS..