

**CAUTION:** Do not take with MAO inhibitors or tricyclic anti-depressants. Pregnant or lactating women, consult your healthcare professional before taking this product. May cause drowsiness. Do not drive or operate heavy machinery after taking this product. Keep tightly closed in a cool, dry place, out of the reach of children.



\*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.

Manufactured in a GMP Compliant Facility  
Metabolic Maintenance®  
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**METABOLIC**  
MAINTENANCE®

DIETARY SUPPLEMENT

R.E.M.  
Maintenance™  
Natural Sleep Support\*

360 g / 12.7 oz    60 SERVINGS

**DIRECTIONS:** One scoop (6 g) dissolved in water at bedtime, or as directed by a healthcare professional.

### Supplement Facts

Serving Size: 1 scoop (6 g)  
Servings Per Container: 60

Amount Per Serving	% Daily Value	
Calories	10	
Vitamin C (as Ascorbic Acid)	250 mg	278%
Magnesium (as Magnesium Glycinate)	250 mg	60%
Potassium (as Potassium Citrate)	75 mg	2%
Glycine	3500 mg	*
Inositol	500 mg	*
5-Hydroxytryptophan (5-HTP)	100 mg	*
Melatonin	1 mg	*

\* Daily Value not established for this ingredient