

MyoCalm P.M.[®] is an exceptional, synergistic blend of bioavailable minerals and specialized herbs that is designed to provide comprehensive support for the musculoskeletal system. The components of this formula work in concert to support healthy muscle relaxation and address occasional sleeplessness.*

*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.

DIRECTIONS: Take three tablets at bedtime or as directed by your healthcare practitioner.

CAUTION: If pregnant or nursing, or taking medication, consult your healthcare practitioner before use. Use with caution when driving or operating machinery; may cause drowsiness. Keep out of the reach of children.

This product is **Gluten Free and Vegetarian**.

Formulated to Exclude: Wheat, gluten, soy, animal or dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.

Do not refrigerate.

Metagenics[®]
Genetic Potential Through Nutrition



MyoCalm P.M.[®]

**Nighttime Muscle
Relaxation Formula***

**Dietary Supplement
Vegetarian
180 TABLETS**

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 60

	Amount Per Serving	% Daily Value
Calcium (as calcium lactate)	75 mg	8%
Magnesium (as magnesium citrate)	150 mg	38%
Passionflower Flower 5.5:1 Extract (<i>Passiflora incarnata</i>)	60 mg	*
Valerian Root Extract (<i>Valeriana officinalis</i>)	30 mg	*
Hops Cone 7.5:1 Extract (<i>Humulus lupulus</i>)	60 mg	*
Lemon Balm Leaf 5:1 Extract (<i>Melissa officinalis</i>)	150 mg	*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid, silica, and coating (water, hypromellose[†], medium chain triglycerides, and hydroxypropylcellulose[†]).

Developed and Manufactured by: **METAGENICS, INC.**
Makers of Professional Quality Supplements
100 Ave. La Pata, San Clemente, CA 92673
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[†]Plant-based modified cellulose.

PHOD MY042

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