two (2) veggie capsules once daily. For best results, take this product 20 to 30 minutes before bedtime or as directed by a healthcare professional.

CAUTIONS: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition or are taking a prescription medication should consult a healthcare professional before using this supplement. Avoid driving, operating heavy machinery, consuming alcohol or performing tasks with risk while taking this supplement. KEEP OUT OF REACH OF CHILDREN. Do not use if the safety seal is damaged or missing. Store in a cool & dry place.









Lot # and expiration date printed on bottom of bottle. V5R0

*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: 2 veggie capsules

Servings Per Container: 30

Amount Per Serving		%DV
Calcium Carbonate	45 mg	5%
Vitamin B6 (Pyridoxine HCL)	1.8 mg	90%
Magnesium Citrate	90 mg	23%
Proprietary Blend	1071 mg	**
L-Tryptophan, Valerian, Goji (Wolfberry), Chamomile, Lemon Balm, Passion Flower, L-Taurine, Hops, St. John's Wort, GABA, Skullcap, L-Theanine, Ashwagandha, Inositol, 5-HTP, Melatonin.		
** Daily Value not established		

Other Ingredients: Cellulose (vegetable capsule). Magnesium Stearate (vegetable), Silicon Dioxide. Distributed by: Longevity Premier Nutraceuticals Inc® Philadelphia, PA 19106 USA. Ph: 1-877-529-1118

Discounts & rewards at: www.LongevityPremier.com

