



LAST THING is a breakthrough stress defense and sleep support supplement that uses key clinically tested ingredients to help you drift to sleep faster and stay asleep longer so you're ready to face the day.*

DIRECTIONS: Take 3 capsules before bedtime as part of your nighttime routine.

STORAGE: Store in a cool, dry place.

WARNING: For adult use only at bedtime. Not intended for use by pregnant or nursing women. Consult a healthcare professional before use if you are taking any medication or if you have any medical condition. Do not drive, operate machinery, or consume alcohol when taking this product. Keep out of reach of children.

This product is manufactured in a plant that also processes milk, egg, soy, fish, crustacean shellfish, tree nut, peanut, sesame, and wheat ingredients.

***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.**

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BLTBL001US02

LAST THING®

THE SLEEP YOU'VE
BEEN DREAMING OF*

SLEEP SUPPLEMENT • 90 CAPSULES

SUPPLEMENT FACTS

Serving Size: 3 capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Magnesium (as magnesium glycinate)	28 mg	7%
L-Theanine (from green tea leaf)	200 mg	**
Ashwagandha extract (leaf and root)	125 mg	**
Gamma-Aminobutyric Acid (GABA)	100 mg	**
Lemon balm extract (stem and leaf)	80 mg	**
L-Tryptophan	75 mg	**
Hops extract (flower)	50 mg	**
Lutein (from Aztec marigold flower)	20 mg	**
Zeaxanthin (from Aztec marigold flower)	4 mg	**
Melatonin	1.5 mg	**

**Daily Value not established.

OTHER INGREDIENTS:

Hydroxypropyl methylcellulose, Microcrystalline cellulose, Maltodextrin, Magnesium stearate, Silica.

DISTRIBUTED BY:

Beachbody, LLC
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SLEEP SUPPORT*

MELATONIN • HOPS
L-TRYPTOPHAN • GABA
MARIGOLD EXTRACT



STRESS DEFENSE*

L-THEANINE
ASHWAGANDHA
LEMON BALM
MAGNESIUM GLYCINATE