SUGGESTED USE: Take one serving (2 Tablets) on an empty stomach 30-60 min before bedtime. For best results, avoid taking with dairy or other calcium containing foods or supplements. DO NOT EXCEED 2 TABLETS PER

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

*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.













WEIGHT LOSS SLEEP AID



60 Tablets **Dietary Supplement**

Supplement Facts

Serving Size: 2 Tablets Servings Per Container: 30

Amount F	Per Serving	%DV
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	15 mg	136%
Chromium (as Chromium Picolinate)	100 mcg	286%
Gymnema (Gymnema sylvestre)(Leaf)	200 mg	**
Gamma-Aminobutyric Acid (GABA)	150 mg	**
Cassia Cinnamon (Cinnamomum cassia)(Bark)	125 mg	**
L-Tryptophan	100 mg	**
Garcinia 4:1 Extract (Garcinia cambogia)(Fruit)	87.5 mg	**
(equivalent to 350 mg of Garcinia Fruit)		
Dandelion 4:1 Extract (Taraxacum officinale)(Root)	87.5 mg	**
(equivalent to 350 mg of Dandelion Root)		
Valerian 4:1 Extract (Valeriana officinalis)(Root)	75 mg	**
(equivalent to 300 mg of Valerian Root)		
Conjugated Linoleic Acid 60%	50 mg	**
Raspberry Ketone	30 mg	**
Melatonin	4 mg	**
** Daily Value (DV) not established.		

Other Ingredients: Dicalcium Phosphate, Silicon Dioxide, Stearic Acid, Croscarmellose Sodium, Microcrystalline Cellulose, Magnesium Stearate, Hypromellose, Polyethylene Glycol

Allergen: Contains Milk

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