



Supplement Facts

Serving Size: 3 Capsules

Servings per Container: 20

	Amount Per Serving	% Daily Value
Vitamin B6 (as Pyridoxine HCl)	10.5mg	617%
Magnesium (as Oxide and Aspartate)	450mg	107%
Zinc (as Oxide and Aspartate)	30mg	272%
GABA (Gamma-Aminobutyric Acid)	1000mg	†
Valerian (<i>Valeriana officinalis</i>)	200mg	†
Root Powder		
Kava Kava (<i>Piper</i>)	200mg	†
Root Powder		
5-HTP (5-Hydroxytryptophan)	100mg	†
Alpha GPC 50% (L-alpha-glycerylphosphorylcholine)	100mg	†
Melatonin	3mg	†

† Daily Value not established

Other Ingredients: Gelatin Capsule (Titanium Dioxide), Silicon Dioxide, Magnesium Stearate