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Directions: 1 level teaspoon (approx. 2.2g) daily, 1 hour before bedtime, or as professionally directed, stirred directly into water, smoothie or drink of choice. Should not be consumed on an empty stomach.

Not suitable for use during planned pregnancy, pregnancy or breastfeeding, or children below 18 years. Should not be consumed if you are consuming other products containing green tea on the same day. Caution with sleep, anti-depressant, and mood modifying medication. If you are under medical supervision, please consult a doctor before use. This product should not be used as a substitute for a varied diet and healthy lifestyle. Do not exceed the stated recommended daily intake. Do not purchase if the seal is broken. Keep out of reach of children. Store in a cool, dry place. For best before and batch, see base. **Vegetarian & vegan**

BioCare®



Sleep NutriPowder®

Lemon balm, hops & magnesium bisglycinate for healthy sleep, with cherry, L-theanine & L-aurine

70g powder
Food supplement

Product information per daily intake: 2.2 grams

		%EC NRV*
Magnesium	100mg	27
Glycine	700mg	-
Lemon Balm Powder	600mg	-
Montmorency Cherry Powder	200mg	-
L-Theanine	100mg	-
Hops Powder	80mg	-
Acerola Cherry Extract	55mg	-
L-Taurine	50mg	-

*NRV = Nutrient Reference Value

*From Green Tea of which 13.75mg (-)- epigallocatechin-3-gallate

Ingredients: Magnesium Bisglycinate, Lemon Balm Powder (*Melissa officinalis* Aerial Parts), L-Theanine (*Camellia sinensis* Extract), Montmorency Cherry Powder (*Prunus cerasus* Fruit), Hops Powder (*Humulus lupulus* Flower), L-Taurine, Acerola Cherry Extract (*Malpighia glabra* Fruit).

Lemon balm & hops support healthy sleep. Magnesium contributes to normal psychological function & normal functioning of the nervous system.