SUGGESTED USE: Take 2 - 3 capsules every 4 hours or as needed. For optimal results, take capsules 2 hours before or after eating. Consult with your doctor before taking this or any other supplement if you have a known medical condition, if you are pregnant, or may become pregnant.



Ashwagandha

Native to India and northern Africa, this small shrub with yellow flowers has been used for over 3,000 years to relieve stress while increasing energy levels and improving concentration.*



L-Theanine

An amino acid, L-Theanine is most commonly found in tea leaves, with small amounts also present in Bay Bolete mushrooms. Research indicates that L-Theanine promotes relaxation without causing drowsiness.*

Valerian Root X Lemon Balm X 5 HTP

X Rhodiola Rosea X Magnesium

month

*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.

Zenum



Tranquility



natural stress relief formula*

Dietary Supplement

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

Amount Per Serving %DV Vitamin D (as Cholecalciferol) 20 mcg 100% Magnesium (as Citrate) 150 mg 36%

Zenium™ Tranquility Blend 1,300.3 mg

2-Aminoethanesulfonic Acid, L-Theanine HCI, Ashwagandha

Root Powder (Withania somnifera), 5-Hydroxytryptophan

(5-HTP), Gamma-Aminobutyric

Acid (GABA), Gotu Kola Leaf

Powder (Centella asiatica),

Lemon Balm Powder, Rhodiola

rosea Root Powder, Valerian

Root Powder

** Daily Value (DV) not established

Other Ingredients: Methylcellulose (Vegan Capsule)

Contains no wheat, soybean, eggs, fish, shellfish, or nuts.

Manufactured for Zenium Labs 30 N Gould St Ste 11759, Sheridan WY 82801