

**Suggested Usage:** Take 1 capsule every 3-4 hours or as directed by your qualified healthcare provider.

Do not exceed 4 capsules per day or 5 days of consecutive use. For sleep take 2-4 capsules 45-60 minutes prior to sleep. Do not take when pregnant, nursing or while consuming alcohol or GABA related medication. Do not operate machinery or drive a motor vehicle. For adverse reactions call: 1-800-948-6296

**SUPPORTS RELAXATION  
& CALMNESS TO MUSCLES\*\***

**AIDS IN A BETTER NIGHT'S SLEEP\*\***

**\*\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Manufactured for MRM®  
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Tokiwa Phytochemical Co., Ltd

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**NUTRITION**

**RELAX-ALL®**

**CALM & SLEEP**

60 VEGAN CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 4 Vegan Capsules

Servings Per Container 15

| Amount Per Serving                                    | % Daily Value |     |
|-------------------------------------------------------|---------------|-----|
| Niacin                                                | 10 mg         | 60% |
| Calcium<br>(from calcium carbonate & calcium citrate) | 200 mg        | 20% |
| Magnesium<br>(from magnesium aspartate)               | 200 mg        | 50% |
| L-Tryptophan                                          | 600 mg        | *   |
| Gamma Aminobutyric Acid (GABA)                        | 450 mg        | *   |
| Jujube Seed Extract (2% Jujubosides)                  | 400 mg        | *   |
| Valerian Root Extract (0.8% Valeric Acid)             | 300 mg        | *   |
| Inositol                                              | 250 mg        | *   |
| Ashwagandha Root Extract<br>(1.5% Withanolides)       | 150 mg        | *   |
| Chamomile Flower (Matricaria recutita)                | 100 mg        | *   |
| Lemon Balm Leaf (Melissa officinalis)                 | 100 mg        | *   |
| Venetron® (Rafuma Leaf Extract)                       | 50 mg         | *   |

\*Daily Value not established.

**Other Ingredients:** Cellulose capsule.

Contains no added milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten or yeast ingredients.

**WARNING:** Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food).