DIRECTIONS: As a dietary supplement, take two capsules one hour before bedtime.

CAUTION: Do not exceed recommended dose. Pregnant women or nursing mothers, children under 18, and individuals with a known medical condition, should consult with a physician before taking this or any other 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.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE AT ROOM TEMPERATURE.

Manufactured in the USA according to current Good Manufacturing Practice (cGMP) and conforms to the tested ingredient grade, strength and purity of industry Quality Standards.











+BIOPERINE®

ADVANCED RESTLESS LEG SUPPORT[†] Premium Grade • High Potency SAFE • FAST • NATURAL FORMULA

Optimal Strength

GMP Certified

CONTAINS Mag-Sci **MAGNESIUM** COMPLEX

60 CAPSULES



SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings P		Per Container: 30	
Amour	nt per serving	%DV	
Vitamin C (as Ascorbic Acid) Iron (as Ferrous Fumarate) Vitamin D3 (as Cholecalciferol) (equivalent to 40 Vitamin E (as DL-Alpha-Tocopheryl Acetate)	90 mg 15 mg 10 IU) 125 mcg 134 mg	100% 83% 625% 893%	
B-Sci TM Vitamin B Complex Vitamin B1 (as Thiamine HCI) Vitamin B2 (as Riboflavin) Vitamin B6 (as Pyridoxine HCI) Folate (as Folic Acid) Vitamin B12 (as Cyanocobalamin)	1.2 mg 5 mg 30 mg 500 mcg 250 mcg	100% 385% 1765% 125% 10417%	
Mag-Sci TM Magnesium Complex (Magnesium Glycinate and Magnesium C	420 mg Oxide)	29%	
Valerian Powder (<i>Valeriana officinalis</i>) (root) Lemon Balm (<i>Melissa officinalis</i>) Extract (leaf) (standardized to 4:1)	250 mg 200 mg	*	
Chamomile (<i>Matricaria chamomilla</i>) Extract (flower) (standardized to 4:1) English Lavender (<i>Lavandula angustifolia</i>) (aerial		*	
L-Theanine BioPerine® (<i>Piper nigrum</i>) (fruit) (standardized to 95% Piperine) (standardized to	200 mg 5 mg	*	

Daily Value not established

% Daily Value (DV) based on a 2000 calorie diet

Other Ingredients: Vegetable Cellulose, Magnesium Stearate, Silicon Dioxide. BioPerine® Patented Bioavailability Enhancer

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