

Supplement Facts

Serving Size: 10g (1 Scoop)

Servings Per Container: 30

	Amount Per 1 Scoop	%DV*
Vitamin B6 (as Pyridoxine HCl)	12 mg	705%
Magnesium (as Magnesium Bisglycinate Chelate)(Albion®)	40 mg	10%
Zinc (as Zinc Monomethionine)	27 mg	245%
Sodium (from Sodium Chloride)	80 mg	4%
Potassium (as Potassium Citrate)	35 mg	< 1%
L-Glycine	3000 mg	**
L-Glutamine	2000 mg	**
L-Tryptophan	1000 mg	**
Gamma aminobutyric acid (GABA)	350 mg	**
KSM-66® Ashwagandha Extract (≥5% Withanolides)(Withania somnifera)(Root)	200 mg	**
L-Theanine	200 mg	**
Chamomile Powder (Matricaria Chamomilla)(Flower, Stems)	75 mg	**
Mucuna Pruriens Powder Extract (98% L-Dopa)(Seed)	72 mg	**
AstraGin® (Purified & Fractionated Panax notoginseng and Astragalus membranaceus)	50 mg	**
Melatonin (N-acetyl-5-methoxy tryptamine)	2 mg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet

** Daily Value not established



Other Ingredients: Malic Acid, Natural and Artificial Flavors, Silicon Dioxide, Sucralose, Acesulfame Potassium, FD&C Red #40.