



Supplement Facts

Serving Size: 1 Scoop (5.6g)
Servings Per Container: 30

	Amount per Serving	%DV*
Calories	5	
Total Carbohydrate	1g	<1%
Dietary Fiber	<1g	2%
Total Sugars	0g	
Total Fat	0g	
Protein	0g	
Sodium	126mg	5%
Iron	0.4mg	2%
Potassium	75mg	2%
Sleep Supplement Blend		†
Magnesium (as Magnesium Glycinate, Magnesium Taurate)	72mg	17%
Zinc (as Zinc Glycinate)	22mg	200%
Calming Amino Acid Blend		†
L-Theanine	150mg	
L-Tryptophan	500mg	
Adaptogen Blend		†
Chamomile Extract (Flower)	500mg	
Jujube Seed Extract (Seed)	250mg	
Arborvitae Seed Extract (Seed)	250mg	
Polygala Root Extract (Root)	250mg	
Reishi Extract (Fruiting Body)	250mg	
Silk Tree Bark Extract (Bark)	250mg	

Not a significant source of Cholesterol, Vitamin D, and Calcium.
* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Values not established.

Hot Cocoa



No Melatonin



Sugar-Free



Gluten-Free



Vegan



Keto Friendly



Non GMO

Other Ingredients: Natural Cocoa Flavoring, Citric Acid, Monk Fruit Extract, Sea Salt. * Not a reduced calorie food