

TERRA
ELMNT

TOTAL CALM

P.M. NOOTROPIC

60 CAPSULES | DIETARY SUPPLEMENT

P.M. NOOTROPIC

Supplement Facts

Serving Size: 2 capsules | Servings Per Container: 30

	Amount Per Serving	% DV
Magnesium Glycinate (30mg elemental magnesium)	100 mg	*
L-Theanine	200 mg	*
Shoden® Ashwagandha (Withania somnifera) Extract (root and leaf)(35% Withanolides)	120 mg	*
Gamma Aminobutyric Acid (GABA)	50 mg	*
Apigenin	25 mg	*

**Daily Value not established.