



Directions: Adults pour contents of one stick pack onto your tongue, let dissolve and swallow. Drink water after if needed. Best if taken in the evening before bedtime.

Please consult your physician if you are pregnant, breastfeeding, have a medical condition, or taking other medications. Keep out of reach of children.

Supplement Facts

Serving Size: 1 SACHET (2.54g)
Servings per Container: 30

Amount Per Serving		%DV*
Sensoril® Ashwagandha (<i>Withania somnifera</i>)	125mg	†
Lemon Balm Extract (<i>Melissa officinalis</i>)	50mg	†
GABA (Gamma Amino Butyric Acid)	50mg	†
L-Theanine	50mg	†

† Daily Value (DV) not established.

Other Ingredients: Allulose, Natural Lemon Flavor, Citric Acid, Steviol Glycosides Reb M.

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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any diseases.