



Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount Per Serving	%DV*
Zylaria® (<i>Xylaria nigripes</i> Mushroom Extract)	500 mg	**
Lavender Extract (<i>Lavandula Officinalis</i>) (Flower - Aerial Parts)	250 mg	**
Shoden® Ashwagandha Extract (std. min. 35% withanolide glycosides)(<i>Withania somnifera</i>)(Root and Leaves)	120 mg	**
Capsimax® Capsicum extract (Std. to 2% Capsaicinoids)	50 mg	**
Melatonin (N-acetyl-5-methoxy tryptamine)	1.5 mg	**
Melatonin (As Microactive® Melatonin sustained-release complex)	1 mg	**

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

** Daily Value not established

Other Ingredients: Vegetable Capsule (Hypromellose), Silicon Dioxide, Magnesium Stearate.