

Suggested Use:

Adults, as a dietary supplement, take two capsules in the evening prior to sleep. A serving of two capsules may be taken during the day for occasional stress support. Do not exceed six capsules in any 24-hour period.

Consult a medical doctor before taking this or other nutritional supplement if you are pregnant, nursing, have or suspect a medical condition or are taking any medications. Store at room temperature, in a cool, dry place. KEEP OUT OF REACH OF CHILDREN.







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THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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FORMULA

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5-HTP, L-Tryptophan & Vitamin B6

Dietary Supplement

30 Capsules

Supplement Facts

Serving Size 2 Capsules Servings Per Container 15

A	Amount Per	
	Serving	%DV
Niacin (as Inositol Hexanicotinate)	30 mg	150%
Vitamin B6 (as Pyridoxine HCI)	20 mg	1000%
Magnesium	40 mg	10%
(no Magnesium Diaghminate Chalate) (TDAACOII)		

Onnit Tranquility Blend™ 45
Valerian (root) Extract,
Chamomile (flower) Extract,
Lemon Balm (aerial parts) Extract,
Juiube (seed) Extract

L-Tryptophan 400 mg 5-Hydroxytryptophan (HTP) 150 mg Inositol (as Inositol Hexanicotinate) 12mg

*Daily Value (DV) Not Established.

Other Ingredients: Vegetarian Capsule (Cellulose, Water), Maltodextrin, Organic Rice Hull Concentrate (Nu-Flow®)

Manufactured exclusively for: Onnit Labs, LLC Austin, Texas 78744 (855) 666-4899

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