

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 any 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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5-HTP, L-Tryptophan & Vitamin B6

Supplement Facts

Serving Size 2 Capsules Servings Per Container 45

	Serving	%DV
Niacin (as Inositol Hexanicotinate)	30 mg	150%
Vitamin B6 (as Pyridoxine HCI)	20 mg	1000%
Magnesium	40 mg	10%
(as Magnesium Bisglycinate Chelate) (TRAACS	P)
Onnit Tranquility Blend™ Valerian (root) Extract, Chamomile (flower) Extract, Lemon Balm (aerial parts) Extract Jujube (seed) Extract	450 mg	
L-Tryptophan	400 mg	,
5-Hydroxytryptophan (HTP)	150 mg	
Inositol (as Inositol Hexanicotinate)	12 mg	•

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

*Daily Value (DV) Not Established