WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18. DO NOT USE IF PREGNANT OR NURSING. For use only at bedtime. If you are taking medication or have a medical condition, consult a physician before using this product. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Do not exceed recommended serving. KEEP OUT OF REACH OF CHILDREN.

† 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.

MANUFACTURED FREE OF BANNED SUBSTANCES IN A NSF GMP CERTIFIED FACILITY.



UPN00015 REV. 7-08-16







Distributed by 1UP Nutrition, LLC. 7260 NW 58th St. Miami FL 33166.

- * salesteam@1upnutrition.com.
- * www.1upnutrition.com.
- ***** 1-800-688-1094.



DIRECTIONS: As a dietary supplement, take 2 capsules 30 minutes prior to bedtime. Do not exceed 3 capsules.

Supplement Facts

Serving Size: 2 Capsules Servings per Container: 30

Amo	unt Per Capsule	% DV
Vitamin B6 (as pyridoxal-5-phosphate)	3 mg	150%
PM Recharge Blend	482 mg	*
GABA (Gamma-Aminobutyric Acid)		
Valerian Extract 4:1 (valeriana officinalis)(root)		
L-Tryptophan		
L-Carnitine (as L-carnitine L-tartrate)		
Green Tea Extract (standardized to 98% polyphenols, 75% catechins and 45% EGCG) (Camellia sinesis)(leaf)		
Phosphatidylserine		
5-HTP (5-hydroxytryptophan) (griffonia simplicifolia)(seed)		
Melatonin		
Glycerylphosphocholine (as alpha-GPC, choline alfoscerate)		
Mucuna Pruriens Extract (standardized	l to 15% L-Dopa)(seed)	
Daily Value not established.	Tto 13 /0 L-Doha/(Seeu/	

OTHER INGREDIENTS: Microcrystalline cellulose, gelatin, silicon dioxide and vegetable magnesium stearate. Store in a dry place at room temperature (59F - 86F). Do not use this product if printed inner seal under cap is missing or broken.