WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18. DO NOT USE IF PREGNANT OR NURSING. This product is intended for adult 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. Discontinue use and immediately consult your health care professional if you experience any adverse reaction to this product. 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.



UPN00017 REV. 7-08-16





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

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- * 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

Amount Per Capsule		% DV
Vitamin B6 (as pyridoxal-5-phosphate)	3 mg	150%
Chromium (as chromium amino acid chelate)	120 mcg	100%
PM Recharge Blend	537 mg	*
GABA (Gamma-Aminobutyric Acid)		
Lavender Flower (lavandula angustifolia)(flower)		
Passion Flower (passiflora incarnata)(herb)		
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 to 15% L-Dopa) (seed)		
* Daily Value not established.		

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.