



Suggested usage: 1 capsule 1–2 times per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Mind Retreat is a synergistic formula featuring a superior source and naturally produced form of the important brain compound gamma-aminobutyric acid (GABA), combined with magnesium, lemon balm, and vitamin B6 to help temporarily promote relaxation.* Mind Retreat can be used to help maintain a restful sleep in cases of restlessness or occasional sleeplessness caused by mental stress.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, soy, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272



Recyclable container and label.

Stress-Relax[®]

Mind Retreat[™]

CALMS & RELAXES THE MIND*
PROMOTES PROLONGED & RESTFUL SLEEP*

60 Vegetarian Capsules

WITH GABA, LEMON BALM & MAGNESIUM



Supplement Facts

Serving Size 1 Vegetarian Capsule

	Amount Per Serving	% Daily Value
Vitamin B6 (pyridoxine hydrochloride)	12.5 mg	625%
Magnesium (glycinate)	50 mg	13%
Pharma GABA [®] Gamma-Aminobutyric Acid	50 mg	**
Lemon Balm Extract 4:1 (<i>Melissa officinalis</i>) (aerial)	150 mg	**

** Daily Value not established.

Other ingredients: Vegetarian capsule (carbohydrate gum [cellulose], purified water), magnesium stearate (vegetable grade), silica.

Pharma GABA[®] is a registered trademark of Pharma Foods International Co., Ltd. (Japan)

LOT & EXPIRY 1.3125" x .25" Single Line

