Supplement Facts: Serving Size 3 Capsules, Servings Per Container 30 Indine (as keln) 300 mcg (200% DV): Sleep-Tight Blend: 514 mg: Sleep Blend: Chamomile (flower) powder (Matricaria chamomilla), Melatonin Passion (flower) powder (Passiflora incarnata), Peppermint Leaf Oil powder, 1-Theanine, 5-HTP Valerian (root) powder. Tight Blend: Conjugated Linoleic Acid, Safflower oil L-Carnitine L-Tartrate, Acetyl L-Carnitine, Crave Control Agent: 500 mg († DV); Garcinia cambogia (standardized to 50% HCA). Probiotic-Digestive Blend: 427 mg († DV): Psyllium Seed Husk powder (85% Fiber), Apple Cider Vinegar, Grapefruit (seed) 4:1 Concentrate, Papaya Enzyme, Senna (leaf) powder. Lactobacillus acidophilus (standardized to 4 billion CFU/g), Bromelain, Lipase, Adrenal Thyroid Support Blend: 261 mg († DV); Holy Basil (leaf) 5:1 Concentrate, Gugulinid extract, Ashwagandha (root) extract (standardized to 1.5% withanolides), Kelp Extract,

Licorice (root) extract (Glycyrrhiza alabra). **Percent Daily Values (DV) are based on a 2,000 calorie diet. †Daily Value (DV) not established

Other Ingredients: Gelatin, Vegetable Magnesium Stear-



For Product Questions: NDSNutrition com

SUGGESTED USE: As a dietary supplement, take one capsule with 8 oz. of water before your evening meal or bedtime. Begin with 1 capsule and assess tolerance. Do not exceed 3 capsules per day. Consume a minimum of 64 - 80 oz. of water daily while taking this product. To be used as part of a healthy lifestyle with regular physical activity and a proper diet.

WARNING: KEEP OUT OF REACH OF CHILDREN, For adult use only at bedtime. This product contains Senna, Read and follow directions carefully. Do not exceed recommended dose, Not intended for use by persons under the age of 18. Do not use if pregnant or lactating. If you are under the care of a physician, taking medication, or have a medical condition (such as high blood pressure), consult your physician before taking this product. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Senna may worsen these conditions frequent diarrhea. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Do not use if tamper resistant seal is broken. STORE IN A COOL DRY PLACE, AVOID EXCESSIVE HEAT.

