

Warning: Consult a physician before and during use of all dietary supplements.

Use: Take two (2) capsules one hour before sleep daily, preferably in the evening.

Storage: Keep in a cool dry place, out of reach of children.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



 **THRIVOUS**

SERENITY

NIGHTLY NOOTROPIC

Formula 1

CALM, SLEEP, AND
NEXT-DAY FOCUS*

thrivous.com

Supplement Facts

Serving Size 2 capsules

Servings Per Container 30

Amount Per Serving	%DV
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Magnesium 200 mg (from Magnesium Glycinate)	50%
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L-Theanine 200 mg	†
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Melatonin 5 mg	†
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† Daily Value (DV) not established

Other Ingredients: cellulose capsule

60 VEGGIE CAPSULES • DIETARY SUPPLEMENT