



Directions, Ingredients & Supplement Facts

SUGGESTED USE: Take 1 capsule a day with 8 ounces of liquid. Can be taken with or without food. Take 30-60 minutes before sleep time.

CAUTION: Consult your physician before taking this or any health supplement, especially if you are pregnant or nursing, have a medical condition, are taking prescription drugs, or are under the age of 18.

STORAGE: Store in a cool, dry place to maintain freshness.

Vegan-Friendly and Gluten-Free

Statements have not been evaluated by the Food and Drug Administration. Product is not intended to diagnose, treat, cure, or prevent any disease.

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Supplement Facts

Servings Per Container: 30

Serving Size: 1 capsule

Amount Per Serving	% DV
Deep Slumber Blend 360 mg †	
Magnesium Citrate, Valerian Root Extract, Hops 10:1, Calcium Citrate, Niacinamide, Melatonin	
Stress Melt Blend 200 mg †	
Ashwagandha Extract, L-Theanine, Lemon Balm Extract, Passionflower Extract	
Max Bioavailability Blend 80 mg †	
Trace Mineral Blend, Black Pepper Extract	
Calcium (citrate) 11 mg	1%
Magnesium (citrate) 80 mg	3%

† Daily Value (DV) not established.

Other Ingredients: HPMC Veggie Capsule, Carrot (natural color)