



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: This product causes drowsiness or sleepiness; do not take when driving, operating machinery, or engaging in any activity that requires alertness.

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.

Distributed by B-Epic | MADE IN USA

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, Nicotinamide, 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, Titanium Dioxide