

Suggested Usage: Due to the potency of this product, we recommend taking this product in a safe, controlled environment before bed time. For desired sleep, take up to 4 capsules on an empty stomach with 8 oz of water 45-90 minutes prior to bed, or as directed by your qualified health care provider. **Warning:** Taking this product may impair one's ability to drive and/or operate heavy equipment.

Supplement Facts

Serving Size 4 Vegetable Capsules Servings Per Container 15

	Amount per Serving	% Daily Value
Magnesium (oxide/glycinate)	300 mg	75%
Calcium (as citrate)	100 mg	10%
Proprietary MEPM-EX2 Blend	1925 mg	‡
Passion Flower Ext 4:1 (Passiflora Incarnata)		
Lemon Balm Leaf Ext 4:1 (Melissa Officinalis)		
Hops Cone Ext. 4:1 Humulus Lupulus		
Jujube Extract (4:1)		
Gaba (Gamma-Aminobutyric Acid)		
Magnolia Bark Extract (2% Honokiol and Magnolol)		
L-Theanine		
Valerian Root Extract (1% Valernic Acids)		
Valerian Root Powder		
Chamomile Flower Powder		
Melatonin	3mg	‡

‡Daily Value not established.

Other Ingredients: (Vegetable Capsule), Rice Flower
A Gluten FREE Formula - Contains: NO common allergens.

