

Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 60

	Amount per Serving	%DV*
Vitamin B3 (as niacinamide)	25 mg	125%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Calcium (from calcium carbonate)	25 mg	3%
Magnesium (from magnesium oxide)	50 mg	13%
Proprietary Blend	320 mg	**
Passion Flower Extract (4% flavonoids), Valerian Root Extract (0.8% valeric acid - low odor), Lemon Balm Leaf, Chamomile Flower Extract (1.2% apigenin), Hops Strobile Extract (4:1).		
GABA (Gamma Amino Butyric Acid)	25 mg	**
5-HTP (L-5-Hydroxytryptophan)	15 mg	**
Melatonin	2.5 mg	**

* Daily Values are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

OTHER INGREDIENTS: Vegetable Capsule (hypromellose and water), cellulose, silica and vegetable stearate.