

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 45

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	30 mg	50%
Vitamin B6 (as pyridoxine HCl)	1 mg	50%
Vitamin B12 (as cyanocobalamin)	1.2 mcg	20%
Pantothenic Acid (as d-calcium pantothenate)	5 mg	50%
Mangesium (as magnesium oxide)	225 mg	56%
Zinc (as zinc oxide)	11.25 mg	75%
Melatonin	5 mg	*
Suntheanine® (L-Theanine)	200 mg	*
Bromelain (from pineapple stem)	240 GDU	*
Proprietary Sleep Blend	750 mg	*
Lemon Balm		
Valerian Root Extract		
L-Glycine		

*Daily value not established.

Other ingredients: Gelatin, microcrystalline cellulose, magnesium stearate, silicon dioxide, titanium dioxide (for color), FD&C Red #3, FD&C Blue #1