

# Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxal-5-phosphate)	10 mg	588%
Suntheanine® (L-Theanine)	350 mg	*
Baikal Skullcap (Scutellaria baicalensis) (root) (extract)	300 mg	*
Lemon Balm (Melissa officinalis) (leaf)	250 mg	*
Passionflower (Passiflora caerulea) (aerial part) (extract)	250 mg	*
5-HTP (L-5-Hydroxy-Tryptophan)	150 mg	*

\* Daily Value not established

**Other ingredients:** Capsule shell (gelatin and water), medium chain triglycerides and silica.

**This product is gluten and dairy free**

**Suntheanine**® is a registered trademark of Taiyo International, Inc

**RECOMMENDATION:** Two (2) capsules before bed as a dietary supplement or as otherwise directed by a healthcare professional. Use only before sleep.

**CAUTION:** Not recommended for children, pregnant or lactating women. Do not mix with alcohol, sedatives or stimulants.

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area. Sealed with an imprinted safety seal for your protection.

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