

Supplement Facts

Serving Size: 1 Packet

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin B6 (Pyridoxine)	10 mg	588%
Magnesium (TRAACS® Magnesium Glycinate)	133 mg	32%
L-Theanine	100 mg	†
Melatonin	3 mg	†

† Daily Value not established

Other Ingredients: Vegan Capsule (Water, Cellulose), Dicalcium Phosphate, Cellulose, Cellulose Gum, Vegetable Stearin, Magnesium Stearate, Silica

Contains No: Animal Products, Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Salt, Wheat, Sugar, Yeast, Corn, Soy, Sesame, Fish/Shellfish, Nuts, Tree nuts

Suggested Use: As a dietary supplement or as directed by a healthcare professional. Take at bedtime. Do not exceed recommended dosage within 24 hour period.

From SunTheanine®, a 100% pure, patented source of L-Theanine manufactured in Japan by Taiyo International., TRAACS® is a registered trademark of Albion Laboratories.

Warnings: Keep out of reach of children. Packaged in a facility that also handles milk and soy by-products. Use only at bedtime. Not for use by children under 18 years. If pregnant or using a prescription drug, consult a healthcare professional. Do not take this product if you suffer from an autoimmune disease, depression, diabetes, endocrine disorder or thyroid condition. Do not use this product while operating a motorized vehicle or heavy machinery