

\*NRV: Nutrient Reference Value

Nutritional Information	Avg. per capsule	%EU NRV*
5-HTP from Griffonia Seed 8:1 extract	50mg	-
Magnesium (Marine)	110mg	29%
Montmorency Cherry from 50:1 extract	1000mg	-
Vitamin B6 as Pyridoxal-5-Phosphate	2.8mg	200%
Schisandra Chinensis from 4:1 extract	100mg	-
Zinc Methionine	5mg	50%
Chamomile from 4:1 extract	70mg	-
Reishi Mushroom from 15:1 extract	50mg	-
Lemon Balm from 10:1 extract	400mg	-
Hops from 4:1 extract	50mg	-

**Ingredients:** Aquamin MG TG Magnesium, 5-HTP from Griffonia Seed extract, Lemon Balm extract, Schisandra Chinensis, Zinc Methionine, Montmorency Cherry extract, Chamomile extract, Hops extract, Rice extract blend, Brown Rice Flour (Gluten Free), Reishi Mushroom extract, Vitamin B6 (p5p).

**Storage Notices:** Store in a cool, dry place, away from sunlight. Store out of reach and sight of young children.

**Directions:** Take 1 capsule after evening meal (on a full stomach). May take up to 2 capsules if required. Take with water or a cold drink, not to be chewed.

**Warning Notices:** Food supplements must not be used as a substitute for a balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, taking any medications or under medical supervision, please seek medical advice prior to taking supplements. No added allergens.

SUITABLE  
FOR VEGANS

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Made in  
the UK

**Batch:**  
**Expiry Date:**

