

men with their health. That's why we have conducted research to understand how best to support men's wellbeing. Formulated by experts, Health & Him NIGHT Multi-Nutrient Support contains a blend of vitamins, minerals and active botanicals and is designed to

Can be used alongside any of the HEALTH & HIM range

STORAGE: Store in a cool dry place,

balanced diet and healthy lifestyle. Always consult your GP before taking food

At Health & Him, we are committed to support support your sleep routine.

out of the reach of children. Best before end: see base. CAUTION: Do not exceed the recommended daily intake. A food supplement should not be used as a substitute for a varied,

supplements if you are taking medication or have an existing medical condition.

DIRECTIONS FOR MEN: Take 2 capsules an hour before bedtime, as part of a relaxed routine, or as directed by a healthcare professional.

healthcare professional.

For more information and helpful advice, visit our website: healthandhim.com
Email us at contact@healthandhim.com
Write to us at:
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Cardiff, CF11 1WQ
EU: Health & Him, 77 Lower
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D02 XE80, Ireland
Made in the UK Recyclable carton and bottle





**NIGHT** MULTI-NUTRIENT SUPPORT

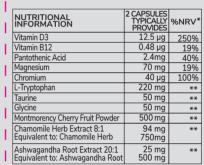
**NIGHT** MULTI-NUTRIENT SUPPORT

DEVELOPED WITH EXPERTS



RELAXATION' NORMAL SLEEP\* ✓ NERVOUS SYSTEM¹
✓ BLOOD SUGAR LEVELS¹ BEDTIME BLEND" ASHWAGANDHA, CHAMOMILE & MONTMORENCY CHERRY

VEGAN FOOD SUPPLEMENT CAPSULES 30 DAYS SUPPLY



\*Nutrient Reference Value \*\*NRV not established INGREDIENTS: Montmorency Cherry Powder (Prunus cerasus), Magnesium Citrate, Vegetable Capsule Shell (Hydroxypropyl Methylcellulose), L-Tryptophan, Chamomile Herb Extract (Matricaria recutita), Taurine, Glycine, Ashwagandha Root Extract (Withania somnifera), Anti-caking Agent (Ascorbyl Palmitate), Calcium Pantothenate, Chromium Picolinate, Cholecalciferol **Ø** (Vitamin D3), Methylcobalamin (Vitamin B12).





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