

# MISSION

Rich cocoa blended with ashwagandha,  
L-glycine, magnesium + rooibos to help you  
unwind and support a restful sleep.

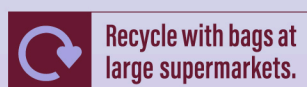
#### The perfect serve:

Stir 2 tsp (8g) into 250ml hot water.

Add your favourite milk for a creamier taste.

**Ingredients:** L-Glycine, Reduced Fat Cocoa Powder (40%), Magnesium Bisglycinate, Magnesium Citrate, Organic Ashwagandha Root Extract 12:1 (*Withania somnifera root*) (4%), Natural Flavouring, **Soy** Phosphatidylserine, Sweetener: Steviol Glycosides, Rooibos Tea (0.1%). For allergens see ingredients in **bold**.

Blended and packed on behalf of UK: Mission Health & Wellness Limited, 1010 Eskdale Road, Winnersh Triangle, Wokingham, United Kingdom, RG41 5TS. EU: 6 Fern Road, Dublin D18 FP68, Ireland. Food supplement with magnesium, botanicals and rooibos tea with sweetener. Food supplements should not be used as a substitute for a varied, balanced diet and a healthy lifestyle. Consult a healthcare professional if you are pregnant, breastfeeding, taking medication or under medical supervision.



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#### Nutritional information

	per 100g	per serve (8g with 250ml water)	%NRV
Energy (kJ)	1453	116	5%
Energy (kcal)	347	27	
Fat	6.4 g	0.5 g	1%
Of which saturates	3.0 g	0.2 g	1%
Carbohydrate	12 g	1.0 g	0%
Of which Sugar	1.7 g	0.1 g	0%
Fibre	15 g	1.2 g	
Protein	53 g	4.2 g	8%
Salt	0.04 g	0 g	0%
<b>Vitamins/Minerals</b>			
Magnesium (mg)	2188mg	175 mg	47%
<b>Other Active Ingredients</b>			
L-Glycine		3000 mg	
Ashwagandha Root Extract 12:1		300 mg	
Soy Phosphatidylserine		250 mg	



Magnesium contributes to a reduction in tiredness and fatigue.

BBE

