

NATURE'S NIGHT

Glycine, Montmorency Cherry powder, Magnesium & Hops

INGREDIENTS: Glycine, magnesium (as citrate), Montmorency cherry powder (*Prunus cerasus*) (a natural source of melatonin), hops extract 4:1.

RECOMMENDED INTAKE: 1 level 3ml teaspoonful (equivalent to 2.3g) with a small (60ml) glass of water stirred well, ideally taken 2 hours after food and 1 hour before retiring. Take as a food supplement or as directed by a practitioner. Do not take with food as this will decrease the product's effectiveness. Do not exceed the recommended daily intake. The product should not be used as a substitute for a varied diet. **If you are pregnant or breast-feeding consult a Doctor or practitioner before use. Not suitable for children under 8 except under the guidance of a Doctor or practitioner. May cause drowsiness. Do not drive or use machinery if affected.**

- Keep out of sight & reach of children
- Do not use if seal is missing or broken
- Suitable for vegans & vegetarians
- **BEST BEFORE DATE:** see base of container
- Store in a cool, dry place

PRODUCT CODE: P622

Nature's Own

Healthy Goodness

NUTRITIONAL SUPPORT

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FOOD SUPPLEMENT



80g VEGAN POWDER

PRODUCT INFORMATION:

80g POWDER = 34 DAYS SUPPLY

1 level 3ml teaspoonful (2.3g) provides on average the following actives:

Average Values:	%NRV
Glycine	1150mg *
Hops extract (equivalent to 2,070mg of whole hops)	172.5mg *
Montmorency Cherry powder	459mg *
Magnesium Citrate (equivalent to 80mg of pure magnesium)	517mg 21

NRV = Nutrient Reference Value

*Indicates no NRV

We guarantee this product FREE FROM: GMO, GLUTEN, WHEAT, SOY, DAIRY, ADDED SUGAR, FLAVOURINGS & COLOURINGS

MADE FROM
• NO MORE •
PLASTIC
SUGAR CANE FIBRES



COMPOSTABLE
SUSTAINABLE MATERIAL
ECO-FRIENDLY
BIODEGRADABLE PACKAGING



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