

# Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 60

	Amount Per Serving	% Daily Value
Magnesium (as magnesium glycinate)	30 mg	7%
Proprietary Blend	700 mg	
Black Cohosh ( <i>Actaea racemosa</i> ) (root)		*
Passionflower ( <i>Passiflora incarnata</i> ) (aerial part)		*
Lemon Balm ( <i>Melissa officinalis</i> ) (leaf)		*

\* Daily Value not established

**Other ingredients:** Capsule shell (gelatin and water).

**This product is gluten, dairy and GMO free.**

**RECOMMENDATION:** Two (2) capsules one (1) hour before bedtime each night as a dietary supplement or as otherwise directed by a healthcare professional.

**CAUTION:** For adult use only. Not recommended for pregnant or lactating women.

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area.  
Sealed with an imprinted safety  
seal for your protection.

Product # 7860 Rev. 04/20