

Supplement Facts

Serving Size 4 Capsules

Servings Per Container 30

	Amount Per Serving	%DV
Magnesium (as Magnesium L-Threonate)	50 mg	12%
L-Glycine	1000 mg	†
Gamma Amino Butyric Acid (GABA)	400 mg	†
Taurine	300 mg	†
Inositol	100 mg	†
Passionflower Aerial Powder	100 mg	†
Magnolia Bark Extract (90% Honokiol)	100 mg	†
Valerian Extract (0.8% valerenic acids)	50 mg	†
Lemon Balm Extract	50 mg	†
Green Tea Leaf Extract	50 mg	†
Melatonin	5 mg	†

† Daily Value (DV) not established