

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	Daily Value
Magnesium (Magnesium Oxide)	115 mg 27%
Valerian Root Extract (standardized to 0.8% Valerenic Acids)	175 mg †

† Daily Value Not Established

Other Ingredients: Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.

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