

## Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		% Daily Value
Niacin (Niacinamide)	50 mg	250%
Vitamin B6 (Pyridoxine Hydrochloride)	10 mg	500%
Calcium (Oyster Shell, Calcium Lactate)	100 mg	10%
Magnesium (Magnesium Oxide)	80 mg	20%
Glycine (Amino Acid)	100 mg	†
GABA (Gamma-Amino Butyric Acid)	50 mg	†
Taurine (L-Taurine Amino Acid)	100 mg	†
Inositol	150 mg	†
Chamomile (Flower)	50 mg	†
Hops (Fruit)	50 mg	†
Passionflower (Whole Plant)	50 mg	†
Valerian (Root)	50 mg	†
Skullcap (Whole Plant)	50 mg	†

† Daily Value Not Established

Other Ingredients: Ethylcellulose, Gum Arabic, Croscarmellose Sodium, Food Glaze, Magnesium Stearate, Silicon Dioxide, Sodium Lauryl Sulfate.

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