

Supplement Facts

30 servings per container

Serving size 1 capsule

| Amount per Serving | % Daily Value* |
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| 5-HTP (L-5-Hydroxytryptophan) 200mg † <i>(Griffonia simplicifolia)</i> Seed Extract | |
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| L-Theanine | 200mg † |
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| GABA (Gamma Aminobutyric Acid) | 100mg † |
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| Melatonin | 2mg † |
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† Daily Value not established

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Other ingredients: Gelatin, Microcrystalline Cellulose, Dicalcium Phosphate, Magnesium Stearate, Silica.