Recommended Adult Dose: Take one capsule daily with a meal, a few hours before or after taking medications or other supplements, or as recommended by your healthcare practitioner. Risk Information: Not to be taken by pregnant or lactating women. Consult your healthcare practitioner prior to use if you are taking any medication or have any health condition. Consumption with alcohol, drugs or other supplements with sedative properties is not recommended. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Hypersensitivity to passionflower has been known to occur: in which case, discontinue use, Guaranteed to contain no added wheat, gluten, soy, sodium, sugar, artificial coloring or flavoring, dairy or animal products. Ideal for vegans. The capsules are made from 100% pure vegetable sources, free of preservatives and additives. Quality Assurance: Safetysealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place. Keep out of reach of children.



ISP	
DIETARY SUPPLEMENT	





Supplement F Serving Size 1 Capsule Servings per Container 120	ac	ts
Each Capsule Contains		%DV
Calcium (as calcium citrate)	70 mg	5%
Magnesium (as dimagnesium malate)	70 mg	17%
Passionflower (Passiflora incarnata) Aerial Parts Extract (4-6:1)	25 mg	*

 100-150 mg Dried Equivalent

 Lemon Balm (*Melissa officinalis*) Herb Top Extract (4-6:1)
 25 mg

 100-150 mg Dried Equivalent
 \*

 Chaste Tree (*Vitex agnus-castus*) Fruit Extract (7-10:1)
 15 mg

 105-150 mg Dried Equivalent
 \*

\* Daily Value (DV) not established

Other ingredients: Hypromellose, ascorbyl palmitate, silica

