

# Supplement Facts

Serving Size 1 Scoop (17 g) (0.6 oz)  
Servings Per Container 30

	Amount per serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	1% *
Magnesium (as Magnesium Glycinate, Magnesium Orotate and Magnesium Glycerophosphate)	300 mg	71%
L-Glutamine	5000 mg	**
L-Theanine	400 mg	**
Inositol	3000 mg	**
L-Glycine	3000 mg	**

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Citric Acid, Natural Flavor, Silicon Dioxide, Stevia (Leaf) Extract, Beet Root Powder (color).

**Directions (Adults):** Mix 1 scoop with 8 – 16 oz of water daily. You may alter your water levels in order to achieve your desired taste.

NON-GMO

NO MELATONIN

VEGAN FRIENDLY

SOY FREE

GLUTEN FREE

ZERO SUGAR