

ROOTS

Supplement Facts

Serving size 2 teaspoons (10mL)
Servings per container 6

	Amount Per Serving	%DV
Calories	25	
Total carbohydrates	6 g	2%†
Vitamin B12 (as methylcobalamin)	300 mcg	12500%
Magnesium (as magnesium taurate)	7.5 mg	2%
Proprietary Blend:	830 mg	*
Chamomile Extract (<i>Matricaria recutita</i>) (flower)		
Passionflower Extract (<i>Passiflora incarnata</i>) (aerial parts)		
Valerian Extract (<i>Valeriana officinalis</i>) (root)		
L-Theanine		
Magnesium Taurate		
5-HTP (5-Hydroxytryptophan from Griffonia Extract [<i>Griffonia simplicifolia</i>] (seed)		
Lithium Orotate		

†Daily Values are based on a 2,000 calorie diet.

*Daily Value (DV) not established.

Other ingredients: Glycerine, purified water, natural flavors, citric acid, xanthan gum, potassium sorbate (to maintain freshness).