

Suggested use: As a dietary supplement, adults add 1 packet to 8-12 oz liquid 30-60 minutes prior to sleep event.

Supplement Facts

Serving Size 1 Packet (0.08 OZ)

Servings Per Container 30

	Amount Per Serving	% Daily Value For Adults
Calories	10	
Total Carbohydrate	2g	<1%†
Total Sugars	1g	**
Includes 1 g Added Sugars		2%†
Biotin	5000 mcg	16667%
Marine Collagen	500 mg	**
Proprietary Seaweed Complex <i>(Laminaria japonica, Dunaliella salina, Haematococcus pluvialis)</i> Whole plant	25 mg	**
Melatonin	3 mg	**

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

** Daily Value not established.

Other Ingredients: Sugar, Natural Flavor, Maltodextrin; less than 2% of: Stevia Leaf Extract.

CONTAINS: FISH (Tilapia)

AND SUPPORTS