

RECOMMENDED DOSE (CHILDREN 6-14 YEARS OLD): take 3 capsules once daily. Take with food, a few hours before or after taking other medications or natural health products.

WARNING: Consumption with alcohol, other drugs and/or natural health products with sedative properties is not recommended. Some people may experience drowsiness. Zinc supplementation can cause a copper deficiency. If you are unsure whether you are taking enough copper, consult a doctor prior to use. Do not use if you are pregnant or breastfeeding.

This product is manufactured and packaged in a facility which may contain milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

STORAGE: Keep bottle tightly closed in a cool and dry place.

KEEP OUT OF REACH OF CHILDREN.

** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

DO NOT USE IF SEAL AROUND CAP IS MISSING OR BROKEN.



DIETARY SUPPLEMENT
90 vegetable capsules



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Herb-e-Concept Product

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily value*
Vitamin B6 (as pyridoxine hydrochloride and pyridoxal 5-phosphate)	30 mg	1764%
Magnesium (as magnesium bisglycinate and citrate)	18 mg	4%
Zinc (as zinc bisglycinate and gluconate)	9 mg	82%
Microencapsulated fish oil (anchovy, sardine, mackerel, herring)	375 mg	†
Catnip flowering herb (Nepeta cataria)	120 mg	†
L-Theanine	90 mg	†
Skullcap (Scutellaria lateriflora) 4:1 Aerial Parts Extract equivalent to 150 mg	37.5 mg	†

* Percent Daily Values are based on a 2,000 Calorie diet.

† Daily Value not established

Other ingredients: Hypromellose (vegetable capsule), L-leucine.

Expiry date:

Batch number:

Distributed by:

Herb-e-Concept Inc.
102-17680 Charles, Mirabel,
Qc Canada J7J 0T6
1 855 972-6888



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