

S U P P L E M E N T F A C T S

NIGHTTIME RECOVERY



Supplement Facts

Serving Size: 1 caplet
Servings Per Container: 60

	Amt Per Serving	%DV
Niacin (as nicotinic acid)	7mg	44%
Magnesium (as amino acid chelate)	50mg	12%
Zinc (as monomethionine – OptiZinc®)	2mg	18%
Copper (as amino acid chelate)	0.17mg	19%
L-Arginine (as HCl)	400mg	**
L-Ornithine (as HCl)	200mg	**
Maca Root (<i>Lepidium meyenii</i>)	50mg	**
Oat extract (whole plant– <i>Avena sativa</i>)	67mg	**
Vanadium (as vanadyl sulfate)	67mcg	**
Saw palmetto extract (berry– <i>Serenoa repens</i>)	33mg	**
Nettles extract (leaf– <i>Urtica dioica</i>)	17mg	**
Ashwagandha Extract KSM-66® (root– <i>Withania somnifera</i>)	17mg	**
Wild yam extract (root– <i>Dioscorea villosa</i>)	17mg	**
Eleuthero extract (root– <i>Eleutherococcus senticosus</i>)	8mg	**

**Daily Value (DV) not established.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYLCELLULOSE, STEARIC ACID, CROSCARMELLOSE SODIUM, DICALCIUM PHOSPHATE, AQUEOUS COATING (HYDROXYPROPYL METHYLCELLULOSE, MICROCRYSTALLINE CELLULOSE, STEARIC ACID), MAGNESIUM STEARATE, SILICON DIOXIDE.

CONTAINS: MILK

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FOR MORE INFORMATION VISIT ADVOCARE.COM

DIRECTIONS FOR USE:

FOLLOWING THE CHART BELOW, TAKE THE RECOMMENDED NUMBER OF CAPLETS ACCORDING TO YOUR WEIGHT. CONSUME AT BEDTIME ON AN EMPTY STOMACH. MULTIPLY AMOUNTS PER SERVING BY TOTAL NUMBER OF CAPLETS CONSUMED TO GET DAILY SERVING SIZE.

BODY WEIGHT (LB)	<100	100 –130	131 –170	171 –210	>210
CAPLETS PER DAY	1	2	3	4	4+

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

CAUTION: CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT. THIS PRODUCT IS NOT INTENDED FOR PREGNANT OR NURSING WOMEN OR FOR THOSE UNDER 18 YEARS OF AGE.

KEEP OUT OF REACH OF CHILDREN.

OPTIZINC® & LOGO ARE TRADEMARKS OF LONZA OR ITS AFFILIATES.

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This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.