



Nighttime Recovery

SUPPLEMENT FACTS

Serving Size: 1 caplet Servings Per Container: 60

| | Amt Per Serving | %DV |
|---|-----------------|-----|
| Niacin | 7mg | 35% |
| Magnesium (as amino acid chelate) | 50mg | 13% |
| Zinc (as monomethionine - OptiZinc™) | 2mg | 13% |
| Copper (as amino acid chelate) | 167mcg | 8% |
| L-Arginine (as HCl) | 400mg | * |
| L-Ornithine | 200mg | * |
| Maca root (<i>Lepidium meyenii</i>) | 50mg | * |
| Oat extract (seed - <i>Avena sativa</i>) | 67mg | * |
| Vanadium (as bis-maltolato-oxovanadium) | 67mcg | * |
| Saw palmetto extract (berry - <i>Serenoa repens</i>) | 33mg | * |
| Nettles extract (leaf - <i>Urtica dioica</i>) | 17mg | * |
| Ashwagandha extract (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: DICALCIUM PHOSPHATE, MODIFIED CELLULOSE, CROSCARMELLOSE SODIUM, STEARIC ACID, MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE, AQUEOUS COATING (OF HYDROXYPROPYLMETHYL CELLULOSE, MICROCRYSTALLINE CELLULOSE AND STEARIC ACID).

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Directions For Use: Following the chart below, take the recommended number of caplets according to your weight. Consume at bedtime on an empty stomach.

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

CAUTION: THIS PRODUCT IS NOT INTENDED FOR PREGNANT OR NURSING WOMEN OR FOR THOSE UNDER 18 YEARS OF AGE.

KEEP OUT OF REACH OF CHILDREN.