



# RELAX

MADE WITH  
**NON  
GMO**  
ingredients

A Dietary Supplement To Support Relaxation and Normal Sleep\*

## Did You Know...

Stress, anxiety and panic can increase adrenaline, which is the body's fight or flight hormone. Too much adrenaline in your system can cause body-wide physiological changes (including excessive cortisol production), and over time can negatively impact your body.

HealthSource Relax can help to support the following:

- Improved stress response\*
- Healthy, natural muscle relaxation\*
- Healthy management of free radicals\*
- Healthy Sleep\*

## The HealthSource Difference

HealthSource Relax contains an innovative, synergistic combination of ingredients to help support the body's stress response and circadian rhythm\*

### FEATURES

- Promotes reduced cortisol response\*
- Herbal extracts including Valerian, Passion Flower and Hops
- B Vitamins
- Amino Acids including GABA, Taurine and Glycine
- Minerals including Calcium and Magnesium

### BENEFITS

- Healthy option to promote positive response to stress and anxiety\*
- Supports quality REM sleep and a sense of serenity and rest\*
- Supports healthy muscle relaxation\*
- Supports cardiovascular, premenstrual and cellular health\*

\* 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.

## Supplement Facts

**Serving Size: 3 tablets**

**AMOUNT PER SERVING**

Niacin (as Niacinamide)	225 mg
Vitamin B6 (as Pyridoxine HCl)	45 mg
Pantothenic Acid (as Calcium d-Pantothenate)	60 mg
Calcium (as Ca AAC)	300 mg
Magnesium (as Mg AAC)	300 mg
Inositol	300 mg
GABA (Gamma-Aminobutyric Acid)	300 mg
Taurine	300 mg
Glycine	225 mg
Valerian (Valeriana officinalis) 4:1 Root Extract	90 mg
Passionflower (Passiflora incarnata) Herb Powder	90 mg
Hops Flower Powder	45 mg

Other ingredients: microcrystalline cellulose, stearic acid, vegetable stearate, croscarmellose sodium, silicon dioxide, hydroxypropyl methylcellulose, polyethylene glycol.

**Warning:** Do not take this product if you are taking any MAO inhibitors or antidepressants. If you are pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take 1 to 3 tablets with a meal. At night, take 1 to 3 tablets one half to one hour before bedtime, or as directed by your healthcare practitioner.