



**HealthSource**<sup>®</sup>  
America's Chiropractor

# RELAX



A DIETARY SUPPLEMENT TO SUPPORT RELAXATION  
AND NORMAL SLEEP\*

## A dietary supplement to support relaxation, muscle relaxation and normal sleep.\*

Anxiety, stress and panic increases the body's flight or fight hormone, adrenaline. Adrenaline causes body-wide physiological changes and over time causes: increased free radical damage, changes in blood, promotes muscle tension, increased premenstrual symptoms, increased heart rate and blood pressure changes, as well as lowering the body's ability to cope when exposed to new stressors. This higher state of excitability also disrupts normal sleep patterns.

**Relax** contains herbals that supports quality REM sleep and promote relaxation, which helps the body to cope with stress.\* These herbs are rich in potassium, magnesium, calcium, and many trace minerals that support the nervous system and produce a calming effect.\* Valerian supports circulation, proper muscle function and proper stress coping mechanisms within the body.\* Passion Flower has natural calming effect on the body.\* Hops helps reduce restlessness and supports the body to manage stress.\*

B vitamins promote a restful state and help the body to cope with stress more efficiently.\* They also support nervous system function as well as supporting neurotransmitter and hormone function.\* Niacin supports circulation and promotes good serotonin levels for good sleep.\* GABA supports normal brain function and when combined with Inositol has a natural calming effect.\* Inositol helps to support REM sleep and may help improve sleep quality.\* Vitamin B6 has been added to support the production of GABA and Taurine production in the body.\*

GABA, Taurine and Glycine are amino acids that support relaxation.\* High concentrations of Taurine are found in the heart, blood cells, muscles, and in the central nervous system, so supplementation supports a protective effect on the heart, brain, and muscles.\*

Calcium and Magnesium help support normal muscle function and support relaxation.\* Selenium is a potent free radical fighter. Nutritional deficiencies of selenium, calcium and magnesium can result in nervousness and anxiety.

## 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 ( <i>Valeriana officinalis</i> ) 4:1 Root Extract	90 mg
Passionflower ( <i>Passiflora incarnata</i> ) 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.

**Contains: Soy.**

**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.

**WARNING:** This product contains lead, a chemical known to the State of California to cause birth defects and other reproductive harm.

**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.

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\*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.

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