

HealthSource

America's Chiropractor®



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.