

NATURE'S NIGHT

Glycine, Montmorency Cherry powder, Magnesium & Hops

P622



VEGAN

VEGETARIAN

Our Wholefood Nature's Night contains a mix of ingredients which are naturally soothing to aid with sleep. Comprising key ingredients glycine, magnesium, Montmorency cherry and hops.

- Contains Montmorency cherry, a natural source of melatonin.
- A formula designed to help regulate sleep in those with insomnia and other sleep disturbances.
- Glycine is an amino acid that has been recognised in trials to improve sleep quality if taken shortly before bed.
- Hops are also present in this supplement as they have been traditionally used to aid relaxation.
- This product provides 80g of powder (around 26 days' supply).
- If you are pregnant, we recommend that you ask the advice of a doctor or qualified nutritionist before taking this supplement.

Product Information:

80g = 34 days supply

Permitted Health Claims:

- Magnesium contributes to normal functioning of the nervous system
- Magnesium also contributes to the reduction of tiredness and fatigue, and normal muscle function

Suitable for:

Men and women

Form:

Powder



Nature's Night

1 level 3ml teaspoonful (2.3g) provides on average the following actives:

| Active Nutrient | Strength | %NRV+ |
|--|----------|-------|
| Glycine | 1150mg | * |
| Hops extract (equivalent to 2,070mg of whole hops) | 172.5mg | * |
| Montmorency Cherry powder | 459mg | * |
| Magnesium Citrate (equivalent to 80mg of pure magnesium) | 517mg | 21 |

+NRV = Nutrient Reference Value

* Indicates no NRV

Ingredients: Glycine, magnesium (as citrate), Montmorency cherry powder (*Prunus cerasus*) (a natural source of melatonin), hops extract 4:1.

Suggested Intake: 1 level 3ml teaspoonful (equivalent to 2.3g) with a small (60ml) glass of water stirred well, ideally taken 2 hours after food and 1 hour before retiring. Take as a food supplement or as directed by a practitioner. Do not take with food as this will decrease the product's effectiveness.

Allergen Advice: None.

Contraindications: If you are pregnant or breast-feeding, consult a Doctor or practitioner before use. Not suitable for children under 8 except under the guidance of a Doctor or practitioner. May cause drowsiness. Do not drive or use machinery if affected.

Storage: Keep cool, dry & out of direct sunlight.

