

## SERENITY DAY AND NIGHT

90 x 489 mg capsules  
Net weight: 44 g

### INGREDIENTS AND NUTRITIONAL COMPOSITION FOR THE MAXIMUM DAILY DOSE (3 CAPSULES):

Magnesium 300 mg (in oxide form, i.e. 80% RDA), vegetarian capsule, egg yolk powder (6 mg DHA intake) 270 mg, California poppy (escholtzia) extract aerial parts 90 mg, grape seed extract 30 mg (sulphites), vitamin E 12 mg (100% RDA), zinc (in oxide form) 15 mg (i.e. 150% RDA), vitamin B6 1.4 mg (100% RDA), copper 150 µg (in gluconate form, i.e. 15 % RDA), bulking agent: microcrystalline cellulose, magnesium stearate.

### RECOMMENDATIONS FOR USE:

3 capsules per day to be taken at mealtimes with a glass of water.

### CLAIMS:

California poppy contributes to relaxation, helps to tackle daily stress, and helps to improve sleep quality. Magnesium and copper contribute to a normal metabolism and to the proper functioning of the nervous system. Vitamin B6 and magnesium contribute to normal psychological functions and to reducing fatigue. Zinc contributes to normal cognitive function.

### WARNING:

Food supplements are to be taken as part of a healthy lifestyle and should not be used as substitutes for a varied, balanced diet. Comply with recommendations for use and do not exceed the recommended daily dose. Keep out of the reach of children. Not recommended for children, adolescents, or pregnant or breastfeeding women.