

DIRECTIONS: Take 2 capsules once a day. For the best results, take 20-30 min before a meal with a full glass of water.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using or any dietary supplement.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

† 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.



PURE CALM

Promotes A Calming Mood & Stress Relief*

DIETARY SUPPLEMENT



60 CAPSULES

Supplement Facts

Serving Size: 2 Capsules | Servings Per Container: 30

	Amount Per Serving	%DV
Thiamin (Vitamin B1)	15 mg	1,250%
Riboflavin (Vitamin B2)	14 mg	1,077%
Niacin (Vitamin B3)	30 mg	188%
Vitamin B6 (as Pyridoxine HCl)	10 mg	588%
Biotin (Vitamin B7)	400 mcg	1,333%
Pantothenic Acid (Vitamin B5)	20 mg	400%
Calcium (as Calcium Citrate)	30 mg	2%
Magnesium (as Magnesium Citrate)	30 mg	7%
Zinc (as Zinc Oxide)	30 mg	272%

Stress Relief Blend 900 mg *

Ashwagandha, Rhodiola Crenulata, GABA, Chamomile, Lemon Balm, Chinese Skullcap, Chinese Hawthorn, Bacopa Monnieri, Magnolia, Passion Flower, Valerian, L-Theanine, Oat Straw, L-Phenylalanine, St John's Wort, Hops, 5-HTP.

**Daily Value (DV) not established.

Other Ingredients: Cellulose, Magnesium Stearate (vegetable).

Manufactured by: SWYCH, LLC | Sarasota, FL | SWYCH.com

ITEM #: NS3258 | LOT #: 250602 | BEST BY: 6/30/28