

**SUGGESTED USE** Consume one or two capsules in the evening shortly before going to bed or as recommended by a health care professional. As with any weight-loss product, this product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

**CAUTION** Because this product will have a mild relaxing effect, it is best to consume before going to sleep and never consume before driving or operating machinery. Do not use this product if you are pregnant or lactating.

**UNSURPASSED.**  
*Purity. Quality. Integrity. Effectiveness.*



*Andrew Lessman*  
Andrew Lessman  
Founder of ProCAPS LABS

THIS PRODUCT IS ONLY AVAILABLE FROM



800.944.9999  
WWW.HSN.COM



800.800.1200  
PROCAPSLABS.COM

# P.M. RELAXATION™

EVENING METABOLIC SUPPORT  
RELAXING & LIPOTROPIC FACTORS



D I E T A R Y   S U P P L E M E N T



180 Easy-to-Swallow Capsules

**Andrew Lessman's P.M. RELAXATION** is designed to help you sustain the benefits from a day of successful activity and weight-loss efforts by delivering the fat-burning factors to support fat metabolism throughout the night while also supporting a great night's sleep. A great night's sleep is vital to your starting the following day inspired and energetic about your weight-loss efforts and goals, so we include standardized extracts from nature's soothing and relaxing botanicals, including **Valerian Root, Passionflower, Chamomile** and **Hops**. These natural botanical extracts will help you wind down so you can experience a great night's sleep and a great start tomorrow. **Rhodiola** acts as an adaptogen to provide calming benefits and promote feelings of well-being. We also include **Melatonin**, which supports your body's natural sleep mechanisms by helping your body relax and prepare for sleep, which is often difficult when dieting and exercising. In addition, we include **5-HTP**, for its support of serotonin production, which is associated with sound sleep, positive mood and appetite control. **P.M. Relaxation** also supplies a comprehensive blend of non-stimulant nutrients related to or essential for fat-burning metabolism, including **Carnitine** and its precursors, **Lysine** and **Vitamin C**. Just because you are going to sleep does not mean that the fat-burning benefits from a hard day's work end. **P.M. Relaxation** offers a unique blend of ingredients to assure that today's efforts are well rewarded and tomorrow's well prepared for. 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.

**CONTAINS NO ADDITIVES OR  
COMMON ALLERGENS OF ANY KIND.**

## Supplement Facts

Serving Size 1 Capsule	Servings Per Container 180	
Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate)	60 mg	100%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Calcium (as calcium carbonate/ ascorbate/pantothenate)	40 mg	4%
Magnesium (as magnesium oxide)	20 mg	5%
Chromium (as chromium nicotinate)	50 mcg	42%
Boron (as boron glycinate)	50 mcg	†
L-Lysine Hydrochloride	100 mg	†
L-Carnitine Tartrate	100 mg	†
Valerian, extract (root) standardized to 0.8% valerenic acids	40 mg	†
Chamomile, extract (flower) standardized to 1% apigenin glycosides	20 mg	†
Passionflower, extract (flower) standardized to 3.5% vitexin	20 mg	†
Hops, extract (flower) standardized to 5% alpha bitter acids	20 mg	†
Rhodiola rosea, extract (root) standardized to 3% rosavins	20 mg	†
5-HTP (from Griffonia simplicifolia (seed) extract)	10 mg	†
Melatonin	500 mcg	†

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet.  
† Daily Value not established.

Other Ingredients: Gelatin capsule.