

SUGGESTED USE Consume one or two capsules in the evening shortly before going to bed or as recommended by your physician. As with any dietary supplement, this product is most effective when used as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**

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.



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Purity. Quality. Integrity. Effectiveness.

Andrew Lessman
Andrew Lessman
Founder of ProCaps Labs


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MANUFACTURED BY 

P.M. RELAXATION™

EVENING METABOLIC SUPPORT
RELAXING & LIPOTROPIC FACTORS



DIETARY SUPPLEMENT



180 Easy-to-Swallow Capsules

Andrew Lessman's P.M. RELAXATION is designed to help achieve the greatest benefits from a day of healthy eating and activity by delivering the nutrients and botanicals to support fat metabolism while also promoting a great night's sleep. It is designed to help you naturally relax and prepare for sleep, which often becomes more difficult when dieting and exercising. Healthy sleep is essential to any weight-loss plan, since it is required to recover from yesterday's efforts and to ensure sufficient energy to inspire tomorrow's goals. We include standardized extracts from nature's soothing and relaxing botanicals, including **Valerian Root**, **Passionflower**, **Chamomile** and **Hops**. We also include the essential sleep hormone **Melatonin**, but at levels that support, but do not replace, your body's natural production. We also 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. Most importantly, we add **Acetyl L-Carnitine** given its central role in all fat-burning metabolism. No fat can be burned without Carnitine transporting it to the location within each cell where it is burned. We also add Carnitine's natural precursors, **Lysine** and **Vitamin C** to promote optimum endogenous production of Carnitine. Just because you're asleep does not mean your body stops benefitting from all your fat burning efforts, which is the reason behind **P.M. Relaxation's** unique blend of ingredients to ensure that today's efforts are well rewarded and that tomorrow's are equally well supported.

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	67%
Pantothenic Acid (as calcium pantothenate)	20 mg	400%
Calcium (as calcium carbonate/ ascorbate/pantothenate)	40 mg	3%
Magnesium (as magnesium oxide)	20 mg	5%
Chromium (as chromium nicotinate)	50 mcg	143%
L-Carnitine (as acetyl-L-carnitine hydrochloride)	100 mg	†
L-Lysine Hydrochloride	50 mg	†
Valerian, extract (root) standardized to 0.8% valerenic acids	40 mg	†
Chamomile, extract (flower) standardized to 1% apigenin glycosides	20 mg	†
Hops, extract (flower) standardized to 5% alpha bitter acids	20 mg	†
Passionflower, extract (flower) standardized to 3.5% vitexin	20 mg	†
5-HTP (from Griffonia simplicifolia (seed) extract)	10 mg	†
Melatonin	500 mcg	†
Boron (as boron glycinate)	50 mcg	†

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

Other Ingredients: Gelatin capsule.