



# SUPPLEMENT FACTS

Serving Size: 2 Scoops (13.5 g)

Servings Per Container: 20

	Amount Per Serving	%DV
Calories	25	
Total Carbohydrate	2 g	1%**
Total Sugars	0 g	†
Includes 0g Added Sugars		0%**
Protein	2 g	4%
Magnesium (as Trimagnesium Citrate)	200 mg	48%
Sodium	55 mg	2%

## GHOST® SLEEP

Colostrum	3125 mg	†
Immunoglobulin G (IgG)	1250 mg	
L-Glycine	3000 mg	†
GABA (Gamma-Aminobutyric Acid)	1000 mg	†
KSM-66® Ashwagandha ( <i>Withania somnifera</i> ) Root extract	600 mg	†
Zylaria®	500 mg	†
Fermented <i>Xylaria nigripes</i> Mycelium extract		
<i>Cuscuta chinensis</i> Seed extract		
<i>Panax notoginseng</i> Root extract		
L-Tryptophan	500 mg	†
SerinAid® Phosphatidylserine (PS) (delivering 200 mg Phosphatidylserine)	400 mg	†
Full Yield Melatonin	3 mg	†
Immediate Release Melatonin 1.5 mg		
MicroActive® Sustained Release Melatonin 1.5 mg		

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

**OTHER INGREDIENTS:** Natural Flavors, Medium Chain Triglyceride Powder, Citric Acid, Cinnamon Powder, Silicon Dioxide, Calcium Silicate, Sea Salt, Gum Blend (Guar Gum, Gum Acacia, Xanthan Gum), Sucralose, Fruit and Vegetable Powder (Color).

**CONTAINS:** Milk