

MyoCalm™

Form: Tablets

Flavour: no flavor

Size: 180 Tablets



Medicinal Ingredients	Amount Per Serving
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Each tablet contains:	
Magnesium (magnesium citrate)	50 mg
Calcium (calcium lactate)	25 mg
Passionflower (<i>Passiflora incarnata</i>) 5.5:1 aerial parts extract equivalent to 110 mg of passionflower	20 mg
Valerian (<i>Valeriana officinalis</i>) 3:1 root extract equivalent to 30 mg of valerian	10 mg

Non-Medicinal Ingredients: Cellulose, croscarmellose sodium, stearic acid (veg), silicon dioxide, and coating (hypromellose, hydroxypropylcellulose, and medium-chain triglycerides).

Recommended Dose: Adults take 2 tablets 3 times daily or as directed by your healthcare practitioner. Take a few hours before or after taking other medications.

Recommended Use: Traditionally in herbal medicine, passionflower is used as a sleep aid and valerian to help relieve nervousness.

Caution: If pregnant or breastfeeding, have depression, or are taking medications, consult your healthcare practitioner before use. Consult a healthcare practitioner if sleeplessness persists continuously for more than 3 weeks. Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Consult a healthcare practitioner if symptoms persist or worsen. Do not refrigerate. Do not use if perma seal is missing.

This product is non-GMO, gluten-free, and vegetarian.