

MyoCalm Plus™

Form: Tablets

Flavour: no flavor

Size: 180 Tablets



Medicinal Ingredients	Amount Per Serving
Magnesium (magnesium citrate)	50 mg
Lemon Balm (<i>Melissa officinalis</i>) 4:1 leaf extract equivalent to 200 mg of lemon balm	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
Hops (<i>Humulus lupulus</i> L.) 7.5:1 strobilus extract equivalent to 150 mg of hops	20 mg
Valerian (<i>Valeriana officinalis</i>) 3:1 root extract equivalent to 30 mg of valerian	10 mg

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.

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

Recommended Dose: Adults take 4 tablets at bedtime or as recommended by your healthcare practitioner. Take a few hours before or after taking other medications.

Recommended Use: Passionflower and hops are traditionally used in herbal medicine as a sleep aid. Hops are traditionally used in herbal medicine to help relieve nervousness. Magnesium helps maintain proper muscle function.

Caution: Do not use if you are pregnant or breastfeeding. If you are taking medications or have depression or a related illness, consult a healthcare practitioner before use. Consumption with alcohol or other 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