



DeStress™

A natural relaxation blend boosted with Magnesium and Melatonin. *It's like meditation in a bottle!*

All Natural • Zero Carbs • Zero Cals • Low-zero Glycemic Index



- Supports healthy, quality, restful sleep
- Relieves occasional sleeplessness
- Calms the racing mind
- Wake up feeling energized



Directions: Before bed, mix 1 scoop with 6-8 ounces of cold water.

1 Scoop in cold water



Stir and enjoy!

S U P P L E M E N T F A C T S

Serving Size: 1 Scoop (3.8g)

Servings per Container: 30

	Amount Per Serving	% DV
Lurra DeStress Blend	3,300mg	†
<i>Ionic Magnesium Blend (Magnesium Carbonate, Citric Acid), L-Glycine, L-Theanine, Ashwagandha Extract, GABA (Gamma-Aminobutyric Acid), Passion Flower Extract, Lemon Balm Extract, Melatonin</i>		
Thiamin (B1 as thiamin HCl)	12mg	1000%
Riboflavin (B2)	12mg	923%
Vitamin B6 (as pyridoxine HCl)	8mg	471%
Magnesium (as magnesium carbonate)	350mg	83%
Zinc (as zinc bisglycinate chelate)	5mg	45%

† Daily Value not established. % Daily Value based on a 2,000 calorie/day diet.

Other Ingredients: Natural Flavor, Himalayan Salt, Luo Han Guo (Monk Fruit) Extract, Stevia Extract, Spirulina.