

xr2tm

RELAX AND REST

XR2 IS A PROPRIETARY BLEND of naturally sourced ingredients designed to help you relax and rest. The powerful combination of ingredients contained in this small tablet will assist in relaxing the body and calming the mind.

What does XR2 do?

XR2 is formulated to promote relaxation without leaving you tired or groggy. Relaxation and sleep are essential for health and maintaining a sense of wellbeing.

The exceptional benefits of XR2:

- Reduced feelings of stress and anxiety
- Appetite suppression and reduction in nighttime cravings
- Improved sleep quality
- Mood enhancement
- Enhanced mental clarity and focus

XR2 helps promote a naturally calm and relaxed state, which allows the mind and body to rest and recuperate, while encouraging restful sleep and a refreshed awakening.



Supplement Facts

Serving Size: 2 tablets
Servings Per Container: 30

| | Amount Per Serving | % Daily Value |
|--------------------------------|--------------------|---------------|
| Vitamin B6 (as pyridoxine HCl) | 5 mg | 25% |
| XR2 Proprietary Blend | 670 mg | * |

Proprietary blend of extracts from *Magnolia* bark and *Phellodendron amurense* bark, Valerian root extract, L-theanine, Gamma-aminobutyric acid (GABA), 5-HTP (as *Griffonia simplicifolia* seed extract), Celery seed

* Daily value not established.



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Key Ingredients:

5-HTP: 5-HTP, or 5-hydroxytryptophan, is a compound that gets converted to serotonin in the brain. Serotonin is one of the principal neurotransmitters involved in happiness and anti-depression. 5-HTP has been used with success to restore serotonin levels in those that are depressed or have high levels of body inflammation. It has also been shown to be an effective appetite suppressant, with noticeable reductions in food intake shown with use of 5-HTP.

VALERIAN ROOT: Valerian has been shown to soothe anxiety and make it easier to fall asleep. Valerian may improve both sleep

latency (the amount of time needed to fall asleep) and also sleep quality. Valerian is also commonly used as a natural alternative to treat anxiety and stress.

L-THEANINE: L-theanine has been shown to reduce the perception of stress and improve focus while also promoting circulation and heart-health by stimulating nitric oxide production.

MAGNOLIA BARK and PHELLDENDRON AMURENSE BARK: Magnolia bark and Phellodendron amurense bark are premier all-natural supplements that, when used together, alleviate stress, stress-related eating and promote weight management. These natural ingredients have been used in Traditional Chinese Medicine for centuries.

GABA: GABA is a potent depressive neuroamine in human brains. It regulates neuronal excitability and is critical for relaxation. It promotes peace of mind, and has been shown to increase concentration and clarity. It also stimulates the pituitary gland to produce human growth hormone, stimulating both fat burning and muscle growth.

CELERY SEED: Celery Seed is derived from the common vegetable celery. While the stem is the most commonly ingested portion of the plant, the seeds have been used for medicinal purposes to treat bronchitis, asthma and liver & spleen diseases. Celery seed contains a large number of important substances, including flavonoids high in antioxidants, oils, coumarin, linoleic acid and the powerful healing compound 3nB, or 3-n-butylphthalide and has been used since ancient Egypt as a mild sedative.

B-6: Vitamin B6 is a water-soluble B vitamin. While B6 has a variety of benefits, it is used in our blend for its role in neurotransmitter synthesis. B6 enzymes play a key role in the biosynthesis of five important neurotransmitters: serotonin, dopamine, epinephrine, norepinephrine and gamma-aminobutyric acid (GABA).

*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.