

Zen-Time has been blended using Lactium®, a lactose free milk protein extract to help you find your zen place and enjoy life. We have added some magnesium along with vitamin B6 both of which are known to contribute to normal psychological function. Zen-Time can be taken during the day or at bed time so you can wake up better in the morning.

Ingredients: Microcrystalline cellulose, magnesium, **Lactium**, vitamin B6.

Recommendations: One capsule taken up to twice a day for day time use, alternatively, take 2 capsules 40 minutes before bed.

If pregnant, nursing or taking prescription medication consult your healthcare practitioner before use.



Supplement Facts: Serving Size: 1 Veg Cap		
Ingredient	Amount	RDA
Lactium® (Lactose free milk protein hydrolysate)	150mg	*
Magnesium (60% elemental magnesium)	100mg	27%
Vitamin B6	5mg	358%

*No RDA established
Other ingredients: HPMC cellulose vegetarian capsule

Lactium® is a trademark registered by Ingredia SA.

Allergy Advice: For allergy status see ingredients in **bold**, contains **milk**. This product is manufactured in a facility that also handles cereals containing gluten, crustaceans, eggs, fish, peanuts, soybeans, milk, nuts, celery, mustard, sesame seeds, sulphites, lupin and molluscs and products thereof.

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