

Zen-Time has been blended using Lactium®, a lactose free milk protein hydrolysate 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.

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 Ingridia SA. Contains no lactose, sugar, salt, yeast, gluten, corn, soya, artificial colourings, preservatives.

Distributed by

Hadley Wood Healthcare Ltd, Hertfordshire, EN4 0EJ
FREE: 0800 783 0163 www.hhcproducts.co.uk