



## Ingredients and Allergy Information

Date of last review:	05.12.23	Version No.:	VI
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John Lewis Stock Number	46572605
Name	RESET, RELAX + SLEEP
Ingredients	L-Glycine, Bulking Agent (Microcrystalline Cellulose), Capsule Shell (Hydroxypropyl Methylcellulose), L-Tryptophan, Magnesium Bisglycinate, Magnesium Oxide, Bacopa Monnieri 11:1 Extract (20% Bacosides), Chamomile 10:1 Extract (1.2% Apigenin), Hops 7:1 Extract, Zinc Citrate, Nicotinic Acid, Anti-Caking Agent (Magnesium Stearate), Pyridoxine Hydrochloride.
For allergens, see ingredients in <b>bold</b>	
May contain statements	Vitamin B6 contribute to the reduction of tiredness and fatigue./Magnesium contribute to the reduction of tiredness and fatigue./Zinc contribute to the reduction of tiredness and fatigue.
Net Quantity	60 capsules
Country of Origin	GB
Storage Instructions	Keep in a cool, dry place out of reach of children + animals.
Manufacturer's name and address	THE OXFORD HEALTH COMPANY   Unit 4 Longlands Road Bicester Oxon OX26 5AH United Kingdom
Instructions for use	Take 2 capsules 30min before bed.
<b>Nutrition Labelling: Typical value</b>	
Energy (kJ/kcal)	
Fat	
Of which saturated	
Carbohydrate	
Of which sugars	
Fibre	
Protein	
Salt	
Alcoholic Strength	NA

Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES