



Ingredients and Allergy Information

Date of last review:	10/07/2023	Version No.:	1
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John Lewis Stock Number	46576069
Name	The Relax Capsules
Ingredients	Lion's Mane Mushroom (350mg), L-Glycine (250mg), Ashwagandha (200mg), Valerian Root (100mg), 5-HTP (100mg), L-Theanine (100mg).
For allergens, see ingredients in bold	
May contain statements	N/A
Net Quantity	60 Capsules
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place out of reach of children
Manufacturer's name and address	LiquidSun Unit 25-26 Meadow Park Industrial Estate Essendine Stamford Lincolnshire, PE9 4LT
Instructions for use	Take 2 capsules daily as you prepare to go to sleep
Nutrition Labelling: Typical value	Per 10g
Energy (kJ/kcal)	N/A
Fat	N/A
Of which saturated	N/A
Carbohydrate	N/A
Of which sugars	N/A
Fibre	N/A
Protein	N/A
Salt	N/A
Alcoholic Strength	N/A
Suitable for vegetarians	Y
Suitable for vegans	Y
Suitable for nut allergy sufferers	Y
Suitable for gluten allergy sufferers	Y
Suitable to wheat allergy sufferers	Y

Suitable for egg allergy sufferers	Y
Suitable for dairy allergy sufferers	Y
Suitable for soya allergy sufferers	Y
Free from alcohol	Y
Free from artificial flavours	Y
Free from artificial colours	Y