

CRASH & BURN™

Medicinal ingredients

(per dose unit)

GABA (gamma-Aminobutyric acid, 4-Aminobutanoic acid)	250 Mg
Valerian (Valeriana officinalis, Root)	75 Mg (0.8% Valerenic acid)
Melatonin (N-Acetyl-5-methoxytryptamine)	5 Mg
Chamomile (Matricaria chamomilla, Flower)	100 Mg (4:1, QCR 400 Mg)
Hops (Humulus lupulus, Strobile)	150 Mg (4:1, QCE 600 Mg)
Choline (Phosphatidylcholine)	40 Mg
Forskohl (Plectranthus barbatus, Root)	25 mg (10% Forskolin)
Black pepper (Piper nigrum, Fruit)	1 Mg (95% Piperine)

Non-Medicinal Ingredients:

Raspberry ketone, Safranal, gelatin, Magnesium stearate, Microcrystalline Cellulose

Recommended Dose:

Adults: 2 Capsule(s) 1 time(s) per day. Take once a day, at or before bedtime. Do not drive or use machinery for 5 hours after taking this product.