

MyoCalm P.M.[®]

Nighttime Muscle Relaxation Formula*

MyoCalm P.M. provides the same specialized formula as **MyoCalm**[®] with the addition of lemon balm and hops—herbs traditionally used to promote relaxation and restful sleep.*


- Promotes muscle relaxation.*
- May help relieve minor pain associated with muscle tension, which can be caused by stress or physical overexertion.*
- Promotes a feeling of calm, and can be taken at bedtime for relief of occasional sleeplessness.*

Three tablets supply:

Calcium (as calcium lactate)	75 mg
Magnesium (as magnesium citrate)	150 mg
Passionflower Flower 5.5:1 Extract (<i>Passiflora incarnata</i>)	60 mg
Valerian Root Extract (<i>Valeriana officinalis</i>)	30 mg
Hops Cone 7.5:1 Extract (<i>Humulus lupulus</i>)	60 mg
Lemon Balm Leaf 5:1 Extract (<i>Melissa officinalis</i>)	150 mg

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid, silica, magnesium stearate, and coating (deionized water, microcrystalline cellulose, polyethelene glycol, and carrageenan).

Recommendations: Three tablets at bedtime or as directed by your healthcare practitioner.

Form: 60 and 180 Tablet Bottles 

Caution: If pregnant or nursing, or taking medication, consult your healthcare practitioner before use. Use with caution when driving or operating machinery; may cause drowsiness.