

How To Take

Our recommended dose is 2 capsules to be taken in the evening – 1 hour before bed is optimal. A lower dose can be taken over a longer term—you can take 1 capsule each evening.

FULL INGREDIENT LIST

Bulking Agent (Brown Rice Flour), KSM-66 Ashwagandha® (Withania somnifera L.) Root Extract, Magnesium Bisglycinate, Capsule Shell (Hydroxy Propyl Methyl Cellulose), Lemon Balm (Melissa officinalis) Leaf Extract, Montmorency Cherry (Prunus cerasus) Extract Fruit Powder, Affron®: Saffron (Crocus Sativus L.) stigmas extract [Std. to 3.5% Lepticosalides® by HPLC], Anti-Caking Agent (Rice Extract, Rice Hulls, Acacia Gum, Sunflower Oil), Chamomile (Matricaria recutita chamomilla L.) Flower Extract, Pyridoxine 5'-Phosphate Monohydrate, Bamboo Extract, Methylcobalamin, Cholecalciferol.

***Contains 300 mg of the compound magnesium glycinate per 2 capsules, which provides 60 mg of elemental magnesium.**

FAQ's

Will Better Night make me drowsy during the day?

Better Night® can be taken at any time of day.

I am taking HRT, can I take Better Night?

Yes, Better Night can be taken alongside hormone replacement therapy/medical hormone treatment.

I've had cancer; can I take Better Night?

The ingredients in Better Night do not have any contraindications with a history of cancer.

You should always check with your doctor or oncology team before taking supplements if you are on medications.

I have ADHD, can I take Better Night?

Yes you can. The magnesium, saffron, lemon balm, and ashwagandha can all be beneficial in supporting ADHD, and the supplement can be taken in a split dose of 1 capsule in the morning and night.

I am taking regular medications, can I take Better Night?

Better Night contains ashwagandha; if you take any medication regularly, talk to your doctor before you start using ashwagandha supplements.

Ashwagandha can interact with sedatives, blood thinners, thyroid supplements drugs that suppress the immune system, and drugs for anxiety, high blood pressure, and diabetes.

IMPORTANT INFORMATION

- Do not use if inner seal is broken.
- Keep out of sight and reach of children.
- Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.
- Consult a doctor or healthcare professional before use, if you are pregnant, breastfeeding, taking any medications or under medical supervision.
- Store in original packaging, in a cool, dry place, out of humidity and not exceeding 25°C.