

Our NIGHT RECOVERY P.M. PAK is a bedtime nutrient and herbal support formula. First, it provides popular and important amino acids from 4 different groups. BCAA's are major constituents of muscle proteins and are essential aminos. L-Glutamine is the most abundant amino acid in the human blood for a reason! We also provide the trio of Arginine, Lysine and Ornithine. Arginine is the direct precursor of Nitric Oxide (NO). Finally, we made sure to add L-Tryptophan as well! A herbal blend of Hop, Lemon Balm and Valerian helps with relaxation and sleep that are important factors in restoration and recovery. The Zinc-Magnesium-Vitamin B6 complex contributes to several beneficial physiological effects. Zinc and Magnesium contribute to normal protein synthesis, to the maintenance of normal bones and have a role in the process of cell division. Zinc and Vitamin B6 contribute to the normal function of the immune system. Magnesium and Vitamin B6 contribute to the reduction of tiredness and fatigue, to normal energy-yielding metabolism and to normal psychological function. Zinc contributes to normal DNA synthesis and acid-base metabolism, to normal carbohydrate and macronutrient metabolism, to normal cognitive function, to normal fertility and reproduction, to normal metabolism of fatty acids, to the maintenance of normal hair, nails, skin and vision, to the maintenance of normal testosterone levels in the blood and to the protection of cells from oxidative stress. Magnesium contributes to electrolyte balance, to normal functioning of the nervous system: neurotransmission and muscle contraction including heart muscle and to the maintenance of normal teeth. Vitamin B6 contributes to normal red blood cell formation and to the regulation of hormonal activity.*

*These statements have been scientifically proven by the European Food Safety Authority (EFSA) and authorized by the European Commission (EC).

WARNINGS: Because of its relaxing effects, avoid driving or operation of heavy machinery following consumption of this product! If you're using medications or have any health issues, consult your health practitioner prior to use! Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such. **KEEP OUT OF REACH OF CHILDREN!** Don't exceed the recommended daily dosage.

Allergen info: Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts, fish and crustacean ingredients.

Storage conditions: Store in a cool, dry place. Heat and sunlight may damage the bottle!

Best before end: see on packaging. (MM/YYYY)

Batch number: see on packaging.



Formulated by and manufactured for SCITEC NUTRITION

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Night Recovery P. M. Pak - Food Supplement
Capsules and tablet with amino acids, herbal extracts, vitamin B6, magnesium and zinc

NET WT:
154.5 G

Nutrition Information		Serving Size: 1 packet		Servings Per Container: 28		
Amount Per Serving		NRV%*	Amount Per Serving			
Vitamin B6	5.5 mg	393%	Amino Acid Matrix 2996 mg			
Magnesium	225 mg	60%	L-Glutamine	1400 mg	L-Arginine HCl	350 mg
Zinc	15 mg	150%	L-Leucine	448 mg	L-Ornithine HCl	175 mg
*NRV%: Nutrient reference values.			L-Isoleucine	224 mg	L-Lysine HCl	175 mg
			L-Valine	224 mg		
Amount Per Serving						
HERBAL BLEND	700 mg	Valerian (Valeriana officinalis root extract)	25 mg			
Hops (Humulus lupulus flower extract)	150 mg	L-Tryptophan	500 mg			
Lemon Balm (Melissa officinalis leaf extract)	25 mg	ZN-MG-B6 COMPLEX (Zinc, Magnesium, Vitamin B6)	245.5 mg			

AMINO ACID MATRIX Ingredients: Tablet 1 (White): BCAA Dioxide). **Capsule 4 (Smaller white):** Humulus lupulus 2:1:1 Grained, Bulking Agents (Microcrystalline Cellulose, (Flower) 10:1 extract, Anti-Caking Agents (Microcrystalline Talc, Colloidal Silicon Dioxide, Magnesium Stearate). **Capsule 1 (Purple):** L-Arginine HCl, L-Lysine HCl, L-Ornithine HCl, Cellulose, Magnesium Stearate), Bovine Gelatin, Dextrose, Bovine Gelatin, Anti-Caking Agent (Magnesium Stearate), Melissa officinalis (Leaf) 15:1 extract, Valeriana officinalis Colors (Titanium Dioxide, Allura Red AC**, Brilliant Blue FCF). (Root) 10:1 extract, Color (Titanium Dioxide).

ZN-MG-B6 COMPLEX Ingredients: Capsule 5 (Grey with blue logo): Magnesium Oxide, Bovine Gelatin, Zinc Sulfate Monohydrate, Pyridoxine HCl, Colors (Titanium Dioxide, Black Iron Oxide, Indigotine), Bulking Agent (Microcrystalline Cellulose), Glazing Agent (Shellac).

HERBAL BLEND Ingredients: Capsule 3 (Larger white): L-Tryptophan granular, Bovine Gelatin, Color (Titanium Dioxide). **Directions:** Take the whole content of 1 packet before going to bed every day.