

## Health House

C/- Zealand Publishing House Limited  
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Tauranga 3112, New Zealand.

Phone 0800 140 141

A blend of the world's most relaxing herbs and magnesium, to reduce stress and promote deep restful sleep.

Relax contains three calming herbs, Valerian, Hops and Kava to reduce anxiety, soothe tension and promote a general sense of well being.



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Made by: Zealand Health Manufacturing Ltd (ZHM)  
61 Maleme St, Tauranga 3112, New Zealand

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# Health House

# Relax

Reduce stress and promote deep restful sleep



60 capsules

DIETARY SUPPLEMENT



Average per capsule at time of manufacture

Ingredients	Weight	Active
Valerian extract	275mg	1100mg
Magnesium citrate	250mg	40mg
Hops powder	100mg	100mg
Kava extract	43mg	300mg

Encapsulating aids

**Directions:** Adults – take two or three capsules with evening meal. Not recommended for children. May cause drowsiness. Take care when driving or operating machinery.

**Storage:** Keep out of reach of children. Store away from direct sunlight, heat and humidity. Keep sealed after opening.

Always read the label and use only as directed. Supplements should not replace a balanced diet. If symptoms persist or you are on prescribed medication, please see your healthcare professional.

[www.healthhouse.co.nz](http://www.healthhouse.co.nz)

Made in New Zealand