

BLACKOUT SLEEP AID

Sleep is an essential function that allows your body and mind to recharge as well as maintain optimal health and well-being. Phoenix Supplements BLACKOUT was designed not only to provide a deeper more restful night's sleep, but also enhance growth and recovery for athletes pushing their bodies to the limit. NO PROPRIETARY BLENDS AND NO FILLERS! With BLACKOUT you can look forward to a good night's rest while optimizing your body's ability to recover and repair for whatever the day may bring.

INGREDIENT HIGHLIGHTS

- **GLYCINE:** shortens sleep onset, improves sleep quality and promotes deeper more restful sleep.†
- **GAMMA-AMINOBUTYRIC ACID (GABA):** helps facilitate calmness of mood, sleep, reduced mental and physical stress.†
- **L-GLUTAMINE:** promotes muscle growth, decreases muscle wasting.†
- **L-ORNITHINE:** accelerates recovery, reduces fatigue, and improves sleep quality.†
- **VALERIAN ROOT EXTRACT (Valerian officinalis):** promotes feelings of calmness and tranquility.†
- **L-THEANINE:** relaxes the mind, reduces stress and anxiety.†
- **MAGNESIUM CITRATE:** helps to calm the body and mind.†
- **5-HTP (5-hydroxytryptophan):** increases serotonin levels, stabilizing mood, feelings of well-being, and happiness.†
- **MELATONIN:** works closely with your body's circadian rhythm to help prepare you for sleep.†

SLEEP AID

BLACKOUT

COCOA BLISS

PHOENIX

GROWTH
HORMONE
SUPPORT†

DEEPER
REM
SLEEP†

MUSCLE
RECOVERY†

NET WT. 9.67 OZ. (274G) DIETARY SUPPLEMENT

30
SERVINGS

RECOMMENDED USE: BLACKOUT is an extremely powerful sleep and recovery formula. To assess tolerance, begin with (1/2) scoop with 4-6 ounces of water or milk on an empty stomach 30 minutes before bed. Do not exceed (1) scoop in a 24-hour period. Allow for at least 6-8 hours of sleep after use.

Supplement Facts

Serving Size: 1 Scoop (9.13g)
Servings Per Container: 30

Amount Per Serving		% DV
Magnesium (as Magnesium Citrate)	400mg	95%
Glycine	2,000mg	*
Gamma-Aminobutyric Acid (GABA)	1,000mg	*
L-Glutamine	1,000mg	*
L-Ornithine	1,000mg	*
Valerian Root Extract (Valeriana officinalis)	600mg	*
L-Theanine	400mg	*
5-HTP (5-Hydroxytryptophan) (Griffonia simplicifolia)	50mg	*
Melatonin	5mg	*

* Daily Value not established

Other Ingredients: Cocoa Powder (processed with alkali), Guar Gum, Natural Flavors, Sucralose

CAUTION: Check with a qualified healthcare professional before taking this product. Do not use, if you are pregnant or nursing, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications. Not for use with alcoholic beverages. **WHEN TAKING THIS PRODUCT, DO NOT DIVE OR OPERATE HEAVY MACHINERY.** Store in a cool, dry place. Keep out of reach of children.



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