



ISOTONIX ESSENTIALS™ TURN DOWN

**TURN
DOWN**

A custom formula designed for relaxation. Features a dynamic blend of vitamins, amino acids and minerals.

**Isotonix
ESSENTIALS™**

A botanic-Capable Dietary Supplement
30 - 0.47 oz. (13.3 g) Packets
Net weight: 14.1 oz (399 g)

GLUTEN FREE

Supplement Facts		
Serving Size: 13.3 g		
Serving Per Container: 30		
	Amount Per Serving	% Daily Value*
Calories	20	
Total Carbohydrates	4	
Total Sugar	4	**
Includes 4 grams Added Sugar		
Vitamin A (1% as beta-carotene)	362 mg RAE	40%
Vitamin C (Ascorbic acid)	604 mg	671%
Vitamin D3 (Cholecalciferol)	12.5 mcg (500 IU)	63%
Riboflavin (Vitamin B2)	2.9 mg	223%
Niacin	20 mg NE	125%
Vitamin B6 (Pyridoxine HCl)	4 mg	235%
Calcium (Lactate, Carbonate, Phosphate, Sulfate, Citrate)	375 mg	29%
Magnesium (Carbonate, Citrate, Glycinate, Oxide)	300 mg	71%
Manganese (Sulfate)	.5 mg	22%
Sodium	25 mg	1%
Potassium (Bicarbonate)	384 mg	8%
L-Tryptophan	500 mg	**
Boron (Citrate)	.5 mg	**

* Percent Daily Value is based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Fructose, citric acid, orange juice powder, malic acid, glucose, orange flavor, maltodextrin, silicon dioxide, rebaudioside A (stevia leaf), passion fruit flavor, mango flavor, Lo Han (fruit) extract, calcium sulfate, stearic acid and vanilla flavor.

BENEFITS*:

- Helps enhance and stabilize mood
- May promote calmness and relaxation
- Supports healthy sleep quality
- Assists in releasing mental tension
- Helps to clear the mind
- Provides antioxidant protection

MOOD · SLEEP · CALMNESS*

Help clear your mind and unwind from the day so you can rest and sleep well with **Isotonix Essentials™ Turn Down**. Turn Down provides an optimal way to help relax your body the way nature intended, supporting healthy sleep quality to help you so you can wake up feeling refreshed!

Directions for use: Pour contents of packet into a cup. Add 8 fl. oz of water into the cup and stir. As a dietary supplement, take once daily or as directed by your healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of water and powder are used. (Turn Down is best taken 30-40 minutes before bedtime).

Who should take this product? Anyone looking for rest and relaxation, and those looking for solutions to support sleep quality affected by everyday stressors (e.g., travel, occupation, family).*

*These statements have not been evaluated by the Food and Drug Administration. This product(s) is not intended to diagnose, treat, cure or prevent any disease.

Warning: If you are currently using any prescription drugs, have an ongoing medical condition or are pregnant or breastfeeding, you should consult your healthcare provider before using this product. Magnesium should be used cautiously in individuals with reduced kidney function due to an increased risk of hypermagnesemia. Discontinue use and consult your healthcare provider if you experience diarrhea, abdominal cramping or discomfort. If you are currently taking monoamine oxidase inhibitors (MAOI) or angiotensin converting enzyme (ACE) inhibitors, you should not use this product. If you have phenylketonuria (PKU), high blood pressure, thyroid disease/Graves' disease, schizophrenia or bipolar disorder, you should not use this product.