



Not only do we make the supplements! We make the supplements BETTER.

PUMPKIN SEED POWDER, CAPSULES AND OIL

3 OZ, 8 OZ, & 1 KG, 16 OZ, 90 CT



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WHAT IS PUMPKIN SEED POWDER?

Food can be a strong support in the quest for a good night's sleep. Some insomnia sufferers wake at night because their blood sugar drops too low. Adequate protein and healthy fat intake can help stabilize blood sugar through the night and allow the liver to let out stored sugar molecules as needed for a good night's sleep. Foods can also support the healthy production of brain neurotransmitters and create calming results in the body.

Now introducing Meta-Labs newest supplement for that deeper more restful sleep...Pumpkin Powder! So how does this work?

Pumpkin seeds and the powder from pumpkin seeds have relatively high amounts of the amino acid tryptophan. Tryptophan is the amino acid the body uses to make the feel-good and relaxation neurotransmitter serotonin. Pumpkin seeds also contain high amounts of zinc, which can help the brain convert tryptophan into serotonin. Serotonin levels are typically low in people who cannot stay asleep and wake throughout the night.

META-LABS PUMPKIN POWDER RECIPE:

1 Scoop pumpkin powder with 1 cup warm milk, 30 minutes before bedtime – for a deeper peaceful sleep. ENJOY!



UPC# 00108



UPC# 00069



UPC# 00068



UPC# 00131



UPC# 00471

Suggested Use

Use with Smoothies, Yogurt and Granola, Water or Juice. As a reminder, discuss the supplements and medications you take with your health care providers.

KEEP OUT OF REACH OF CHILDREN

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult a doctor if any adverse reactions occur.

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

Supplement Facts

Serving Size: 1 scoop (4 gm)

Calories: 55

Fat Calories: 9

Amount Per Serving		%DV
Total Fat	1 g	2%
Saturated fat	0.2 g	1%
Trans fat	0 g	†
Polysaturated fat	0.5 g	†
Monounsaturated fat	0.3 g	†
Cholesterol	0 mg	0%
Sodium	2 mg	0%
Total Carbohydrate	1.5 g	1%
Dietary Fiber	1.5 g	†
Sugars	0 g	†
Protein	9.5 g	†
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		20%

*Based on a 2,000 calorie diet per day.

† Daily Value Not Established

Suggested Use

Add to salad dressings, marinades and dips for exotic, nutty flavor. Not recommended for stove top or oven cooking. Refrigerate after opening.

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NOT INTENDED FOR CHILDREN 12 & UNDER.

Supplement Facts

Serving Size: 1 Tbsp

Calories 130 **Calories from Fat** 130

Amount Per Serving	%DV
Total Fat 14g	22%
Saturated Fat 2.5g	2%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

† Daily Value Not Established



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