

BIOTICS RESEARCH CORPORATION



St. John's Forte™

Dietary Supplement

60 CAPSULES

RECOMMENDATION: Two (2) capsules one to two times each day as a dietary supplement or as otherwise directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN

Not recommended for pregnant or lactating women.

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

NDC #55146-07821 Rev. 11/10

Supplement Facts

Serving Size: 2 Capsules

	Amount Per Serving	% Daily Value
Thiamin (as cocarboxylase chloride)	1.5 mg	100%
Riboflavin (as riboflavin-5-phosphate)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxal-5-phosphate)	2 mg	100%
Folate (as calcium folinate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	6 mcg	100%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Magnesium (as magnesium glycinate)	25 mg	6%
Chromium (from vegetable culture †)	100 mcg	83%
St. John's Wort (standardized extract) (buds and tops)	300 mg	.

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Inositol (from rice)	200 mg	.
Damiana (leaf)	100 mg	.
Siberian Ginseng (root)	100 mg	.
Choline (as choline bitartrate)	25 mg	.

* Daily Value not established

Other ingredients: Capsule shell (gelatin and water) and magnesium stearate (vegetable source).

† Specially grown, biologically active vegetable culture containing naturally associated phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

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