



**Suggested Use:** As a dietary supplement, take 2 capsules daily. Optimally, for the first 15 days, take one serving twice daily. FOR DAILY USE.

# Supplement Facts

Serving Size 2 Vegetarian Capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	5	
Total Fat	1 g	1%*
Vitamin A (as beta carotene)	600 mcg	67%
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha tocopheryl acetate)	40 mg	267%
Vitamin B-12 (as methylcobalamin)	300 mcg	12,500%
Coenzyme Q10 (Ubiquinone) Kaneka Q10®	100 mg	†
Virtiva® <i>Ginkgo biloba</i> extract (leaf)	60 mg	†
7 mg (12%) phosphatidylserine (from soy)		
3 mg (5%) ginkgoflavonglycosides		
<i>trans</i> -Resveratrol ( <i>Polygonum cuspidatum</i> root extract)	10 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other Ingredients: Rice bran oil, vegetable cellulose, vegetable wax, rosemary extract, sodium copper chlorophyllin.  
Contains soy.  
Virtiva® is a registered trademark of Indena S.p.A., Milano.  
Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

