

SUGGESTED USE:

Take 3 capsules daily. For best results, take one serving in the morning with food. Don't exceed 2 servings (6 capsules) per day.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. **KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE AT ROOM TEMPERATURE.**

Notice to California Consumers: **WARNING:** Consuming this product can expose you to chemicals including lead which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

*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.

Allergen Warning: This product is manufactured in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish, and shellfish.

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VITALITY

VITALITY SUPPORT

- + Balances hormones*
- + Increases energy & cognition*
- + Reduces stress & fatigue*



30 Servings / Dietary supplement / 90 Vegetarian capsules

Supplement Facts

Serving Size: 3 Veggie Capsules
Servings Per Container: 30

Amount Per Serving		%DV*
Vitamin B12 (as Methylcobalamin)	6 mcg	250%
Bilberry (<i>Vaccinium myrtillus</i>) [Fruit] Extract (Standardized to Contain 25% Anthocyanidins)	1500 mg	†
<i>Rhodiola</i> sp. [Root] (Standardized to contain 5% Salidroside)	150 mg	†
DHEA (as Dehydroepiandrosterone)	100 mg	†

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

Other Ingredients: Hypromellose (Veggie Capsule), Silica, Cellulose, Magnesium Stearate.

Vitality contains clinically effective doses of four natural ingredients proven to balance hormones, increase cognition and energy levels, and reduce stress and fatigue.

That is, it helps you feel stronger, sharper, and sunnier by enhancing your body's ability to restore and sustain your physical and mental performance and well-being.

Developed by: Legion Athletics
1255 Cleveland St. Floor 4
Clearwater, FL 33755
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www.legionathletics.com

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