

Directions: Adults: Take two (2) capsules daily with food. Do not exceed suggested use. Not formulated for use in children.

Supplement Facts

Serving Size 2 capsules
Servings Per Container 25

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%†
Thiamin (Vit B ₁) (as thiamine hydrochloride)	1.2 mg	100%
Riboflavin (Vit B ₂)	1.3 mg	100%
Niacin (as niacinamide)	4 mg	25%
Vitamin B ₆ (as pyridoxine hydrochloride)	1.7 mg	100%
Folate (as calcium L-5-methyltetrahydrofolate) (240 mcg Folic Acid)	400 mcg DFE	100%
Vitamin B ₁₂ (as methylcobalamin)	24 mcg	1000%
Biotin	30 mcg	100%
Pantothenic Acid (as D-calcium pantothenate)	5 mg	100%
Magnesium (as magnesium hydroxide)	105 mg	25%
Coenzyme Q-10 (CoQ10)	50 mg	*
Caffeine (from organic green tea leaf extract)	15 mg	*
Organic Botanical Blend (Maca Root Powder, Pomegranate Fruit Powder, Asian Ginseng Root Extract)	200 mg	*

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

Other Ingredients: Organic Rice Flour, Hypromellose (vegetarian). Contains <2%: Magnesium Stearate, Silica, Stearic Acid (vegetarian).

As with any supplement, if you are pregnant, nursing, or taking medication, consult your doctor before use.

Keep out of reach of children.

If taking other supplements, read label, since supplements may contain the same ingredient.

Store at room temperature, 15 - 30°C (59 - 86°F). Protect from heat, light and moisture.

Do not use if inner foil seal under cap is torn or missing.



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*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.