SUGGESTED USE: As a dietary supplement take two (2) veggle capsules once a day. For best results take 20-30 min before a meal with an 80z. glass of water or as directed by your healthcare professional.

CAUTION: Do not exceed recommended dose. Preanant 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.

*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.



Lot # and expiration date printed on bottom of bottle 26610-801



DAILY STRESS REDUCTION*



























Supplement Facts

Serving Size: 2 Veggie Capsules / Servings Per Container: 30

Amount Per Serving		%DV
Calcium (as Calcium Carbonate)	25 mg	2%
Vitamin B1 (as Thiamine Mononitrate)	12 mg	1000%
Vitamin B2 (as Riboflavin)	12 mg	923%
Vitamin B3 (as Niacin)	28 mg NE	175%
Vitamin B6 (as Pyridoxin HCI)	8 mg	471%
Biotin	300 mcg	1000%
Vitamin B5 (as D-Calcium Pantothenat	e) 16 mg	320%
Magnesium (as Magnesium Oxide)	25 mg	6%
Zinc (as Zinc Oxide)	4 mg	227%
Potassium (as Potassium Gluconate)	4 mg	***
Prioprietary Blend	831 mg	**

Rhodiola Extract (Rhodiola crenulata) (root), Lutein, Ashwagandha (Withania somnifera)(root), Chamomile (Matricario chamomilla)(flower), GABA, Lemon Balm (Melissa officinalis)(aerial), Skullcap (Scutellaria baicalensis)(root), Hawthorn (Crataegus pinnatifida bunge)(fruit), Bacopa (Bacopa monnieri)(whole herb), Magnolia (Magnolia officinalis)(bark), Passion Flower (Passiflora incarnata) (flower), Valerian (Valeriana officinalis) (root), L-Theanin, Oat Straw (Avena sativa) (straw), Mucuna Pruriens (seed), St John's Wort (Hyperdium perforatum)(areial), Hops (Humulus lupulus)(flower), 5-HTP (Griffonia simplidfolia)(seed)

** Daily Value (DV) not established *** Less than 2% of Daily Value

Silicon Pharm 3090

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dients: (Flour, M I**nactive Ingred** Capsule), Rice F