

SUPPLEMENT FACTS

Serving Size: 4 Capsules

Servings Per Container: 30

Amount Per Serving		%DV
Thiamin (as Thiamine HCl)	1.1 mg	92%
Riboflavin (as Riboflavin-5-Phosphate)	1.3 mg	100%
Niacin [as Nicotinamide Adenine Dinucleotide (PANMOL®NADH)]	5 mg	31%
Vitamin B6 (as Pyridoxal-5-Phosphate)	4 mg	235%
Folate (as L-Methylfolate)	340 mcg DFE	85%
Vitamin B12 (as Methylcobalamin)	500 mcg	20833%
Lion's Mane (Fruiting bodies) Mushroom Extract (<i>Hericium erinaceus</i>)	500 mg	**
Ashwagandha Root Powder	500 mg	**
<i>Bacopa monnieri</i> Leaf Extract (Standardized to 50% Bacosides)	300 mg	**
Citicoline	250 mg	**
N-Acetyl L-Tyrosine	250 mg	**
L-Theanine HCL	200 mg	**
Uridine Monophosphate	150 mg	**
<i>Ginkgo biloba</i> (whole plant) (from 6000mg 50:1 extract)	120 mg	**
Phosphatidylserine (from Sunflower Lecithin)	100 mg	**
Coenzyme Q10 (CoQ10)	100 mg	**
Maritime Pine Bark Extract (Std. to 95% Proanthocyanidins)	75 mg	**
Pyrroloquinoline Quinone (PQQ)	10 mg	**

**Daily Value (DV) not established

Other Ingredients: Methylcellulose Capsule

intelligentlabs

SENECA NOOTROPIC COMPLEX



- Brain Booster*
- Focus, Memory & Clarity*
- Mental Health and Restful Sleep*

18 RESEARCH BACKED INGREDIENTS

DIETARY SUPPLEMENT

120 Capsules

DIRECTIONS: Take 4 capsules per day in one serving with either breakfast or lunch.

WARNING: Consult your physician if you are pregnant or nursing, are taking medications, or have any medical conditions. Keep out of the reach of children. Do not use if seal is damaged or missing. Store in a cool and dry place. Avoid excessive heat. Tighten cap when not in use.

*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.

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Manufactured exclusively for:

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Best Before End: see base of container.

 <https://intelligentlabs.org>

