## SUGGESTED USE

As a dietary supplement take two (2) capsules once a day. For best results take 20-30 minutes before a meal with an 8 oz. glass of water or as directed by your healthcare professional.

## 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 IN A COOL, DRY PLACE.

\* 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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Lot # and Expiration Date Printed on Bottom of Bottle SKU 26779-801





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SERVING SIZE: 2 CAPSULES SERVINGS PER CONTAINER: 30

	Americant Day Consider	
	Amount Per Serving	%DV
Calcium (as Calcium Carbonate)	25 mg	2%
Vitamin B1 (as Thiamine Mononitrate)	12 mg	1,000%
Vítamin B2 (as Riboflavin)	12 mg	923%
Vitamin B3 (as Niacin)	28 mg NE	175%
Vitamin B6 (as Pyridoxine HCI)	8 mg	471%
Biotin	300 mcg	1,000%
Vitamin B5 (as D-Calcium Pantothenate)	16 mg	320%
Magnesium (as Magnesium Oxide)	25 mg	6%
Zinc (as Zinc Oxide)	25 mg	227%
Potassium (as Potassium Gluconate)	4 mg	tt
Proprietary Blend Rhodola Extract (Rhodiola crenulata)(root), Lutein, Ashwa	831 mg	† (root), Chamomile

Matricara chamomilla)(flower), GABA, Lemon Balm (Melissa officinalis)(aerial), Skullcap (Scutelara tacalensis)(root), Hawthorn (Crataegus pinnatifida Bunge)(fruit), Bacopa (Bacopa monnieri)(whole heb) Magnolia (Magnolia officinalis) (bark), Passion Flower (Passiflora incarnata) (flower), Valerian (Valeriana officinalis/(root), L-Theanine, Oat Straw (Avena sativa)(straw), Mucuna Pruriens (seed), St John's Wot (Hypercum perforatum)(aerial), Hops (Humulus lupulus)(flower), 5-HTP (Griffonia simplicifolia)(see

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

DIETARY

Inactive Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Magnesium Stearate (Vegetable), Silicon Dioxide.