

Suggested Use: 2 capsules with food-morning or afternoon.

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

Amount per serving		% DV
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Vitamin B12 (as methylcobalamin)	120 mcg	200%
Calcium (as dicalcium phosphate)	35 mg	4%
Zinc (as mono L-methionine sulfate) (L-OptiZinc®)	15 mg	100%
Chromium (as chromium picolinate) (Chromax®)	200 mcg	167%
Diindolylmethane (DIM)	50 mg	**
Ashwagandha Extract (root) (KSM-66®)	675 mg	**
Cordyceps Extract (mycelia)	390 mg	**
Piperine (from Black Pepper) (Bioperine®)	5 mg	**

** Daily Value(DV) not established

Other ingredients: Gelatin Capsule (bovine), Silicon Dioxide, Magnesium Stearate.