

(PLEASE READ THE ENTIRE LABEL BEFORE USE)

**Recommended Use:** Take 1-2 capsules daily with 8-12 ounces of water.

**Warning:** This product is only intended to be consumed by healthy individuals 18 years of age or older. Consult your physician prior to using this product. Do not take if pregnant or nursing. This product contains Niacin which may cause temporary flushing, tingling or skin reddening. Limit the use of caffeine-containing medications, foods or beverages while taking this product, as too much caffeine may cause nervousness, irritability, sleeplessness, and occasional rapid heart rates. In case of accidental overdose, seek professional assistance or contact a poison control center immediately. Keep out of reach of children. Store in a cool dry place. Do not use if safety seal is broken.

This product contains approx. 142mg of natural occurring caffeine per serving (which is equivalent to about 1½ cups of coffee).

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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Made in the USA

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**nutricost**

# ENERGY COMPLEX

**1300MG** | **90** | **45**  
per serving | capsules | servings

90 Capsules | Dietary Supplement



## Supplement Facts

Serving Size: 2 Capsules / Servings Per Container: 45

Amount Per Serving		% DV
Vitamin E (as D-Alpha Tocopheryl Succinate)	15 IU	50%
Thiamin (from Thiamine HCl)	1.5mg	100%
Riboflavin (Vitamin B2)	4.25mg	250%
Niacin (as Niacinamide)	20mg	100%
Vitamin B6 (from Pyridoxine HCl)	2mg	100%
Folic Acid	400mcg	100%
Vitamin B12 (as Cyanocobalamin)	300mcg	5,000%
Pantothenic Acid (from D-Calcium Pantothenate)	10mg	100%
Iodine (as Iodine Chelate)	150mcg	100%
Chromium (from Chromium Polynicotinate)	200mcg	167%
Potassium (from Potassium AAC)	60mg	2%
Green Tea (113 mg of naturally occurring caffeine)	225mg	*
Guarana Seed (33 mg of naturally occurring caffeine)	150mg	*
Panax Ginseng (Root)	150mg	*
Siberian Ginseng (Eluthro)	150mg	*
Rhodiola (3% Rosavins 1% Salidroside)	100mg	*
Ginkgo Biloba	100mg	*
Gotu Kola (Centella asiatica)	100mg	*
Yerba Mate (7.5 mg of naturally occurring caffeine)	75mg	*
Cayenne Pepper (Capsicum)	50mg	*
Milk Thistle	25mg	*
Inositol	25mg	*
L-Carnitine (Base)	25mg	*
Alpha Lipoic Acid	15mg	*
Coenzyme Q10	10mg	*

\* Daily Value not established

Other Ingredients: Veggie Capsules, Stearic Acid, Magnesium Stearate, Olive Oil