

Supplement Facts

Serving Size: 1 Packet
 Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calories	10 Cal	
Calories from Fat	10 Cal	
Total Fat*	0.5 g	1%*
Saturated Fat	0 g	<1%*
Polyunsaturated Fat	0.5 g	†
Monounsaturated Fat	0 g	†
Cholesterol	10 mg	3%
Vitamin C (Ascorbic Acid, Rose Hips)	50 mg	56%
Vitamin B1 (Thiamine Mononitrate)	25 mg	2083%
Riboflavin	25 mg	1923%
Niacin (Niacinamide)	25 mg	156%
Vitamin B6 (Pyridoxine)	25 mg	1471%
Folate (Folic Acid Magnafolate®C)	400 mcg	100%
Vitamin B12 (Methylcobalamin)	50 mcg	2083%
Biotin	300 mcg	1000%
Pantothenic Acid (D-Calcium Pantothenate)	25 mg	500%
Choline (Choline Bitartrate)	25 mg	5%
Fish Oil Concentrate	1000 mg	†
Proprietary Blend Organic Lion's Mane Fruiting Body and Mycelia	500 mg	†
Eicosapentaenoic Acid (EPA)	300 mg	†
Docosahexaenoic Acid (DHA)	200 mg	†
Ashwagandha Root Extract	150 mg	†
Organic Food Base	100 mg	†
Organic Rice Bran Powder		
Organic Moringa (Moringa Oleifera) Leaf Powder		
Baobab (Adansonia Digitata) Fruit Powder		
Organic Quinoa (Chenopodium Quinoa) Sprout Seed Powder		
Orgen™ Organic Amla (Phyllanthus Emblica) Extract		
Inositol	10 mg	†

* Percent Daily Values are based on a 2,000 calorie diet

† Daily Value not established

Other Ingredients: Pullulan Vegan Capsule, Vegan Capsule (Water, Cellulose), Softgel (Gelatin, Glycerin, Water), Organic Myceliated Brown Rice, Silicon Dioxide

Contains: Rice, Fish, Gelatin

Contains No: Dairy, Egg, Gluten, Wheat, Soy, Peanuts, Tree Nuts, Sesame

Suggested Use: As a dietary supplement or as directed by a healthcare professional. Take with meals.

Warnings: Keep out of reach of children. Packaged in a facility that also handles milk and soy by-products.