

St. John's Forte™

Product

#Biotics 7821

60 Capsules

Supplement Facts

Serving Size: 2 Capsules			Servings Per Container: 30		
	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Thiamin (as cocarboxylase chloride)	1.5 mg	100%	Inositol (from rice)	200 mg	*
Riboflavin (as riboflavin-5-phosphate)	1.7 mg	100%	Damiana (leaf)	100 mg	*
Niacin (as niacinamide)	20 mg	100%	Siberian Ginseng (root)	100 mg	*
Vitamin B6 (as pyridoxal-5-phosphate)	2 mg	100%	Choline (as choline bitartrate)	25 mg	*
Folate (as calcium folinate)	400 mcg	100%			
Vitamin B12 (as methylcobalamin)	6 mcg	100%			
Biotin	100 mcg	33%			
Pantothenic Acid (as calcium pantothenate)	10 mg	100%			
Magnesium (as magnesium glycinate)	25 mg	6%			
Chromium (from vegetable culture †)	100 mcg	83%			
St. John's Wort (buds and tops) (4:1 extract)	300 mg	*			

* Daily Value not established

Other ingredients: Capsule shell (gelatin and water) and magnesium stearate (vegetable source).

† Specially grown, biologically active vegetable culture containing **Phytochemically Bound Chromium™** and naturally associated phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

This product is gluten and dairy free.

RECOMMENDATION: Two (2) capsules one (1) to two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

Caution: Not recommended for pregnant or lactating women.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

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