

# Supplement Facts <sup>V1</sup>

Serving Size 4 Capsules

Servings Per Container 15 & 30

<b>4 capsules contain</b>	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Vitamin C (as Ascorbic Acid USP)	50 mg	83%
Niacin (as Niacinamide USP)	10 mg	50%
Vitamin B6 (as Pyridoxal-5'-Phosphate)	10 mg	500%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	400 mcg	100%
Calcium (as DimaCal® Dicalcium Malate)	250 mg	25%
Magnesium (as DiMagnesium Malate)	150 mg	38%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	5 mg	33%
Taurine	300 mg	*
5-HTP (5-Hydroxytryptophan) (from <i>Griffonia simplicifolia</i> (Seed))	150 mg	*
Gamma Aminobutyric Acid (PharmaGABA™)	150 mg	*
Phosphatidylserine (from Soy Lecithin)	100 mg	*

\* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, Magnesium Stearate, and Silicon Dioxide.