

Supplement Facts ^{V1}

Serving Size 3 Capsules
Servings Per Container 30

3 capsules contain	Amount Per Serving	% Daily Value
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%
Vitamin B12 (as Methylcobalamin)	200 mcg	3,333%
Magnesium (as DiMagnesium Malate)	75 mg	19%
Zinc (as TRAACS [®] Zinc Bisglycinate Chelate)	5 mg	33%
Inositol NF	1 g	*
Taurine	300 mg	*
L-Theanine	100 mg	*
Gamma Aminobutyric Acid (PharmaGABA [™])	100 mg	*
5-HTP (5-Hydroxytryptophan) (from <i>Griffonia simplicifolia</i> (Seed))	75 mg	*

* Daily Value not established

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