

Supplement Facts ^{V1}

Serving Size 4 Capsules
Servings Per Container 15 & 30

| 4 capsules contain | Amount Per Serving | % Daily Value |
|--|---------------------------|----------------------|
| Vitamin C (as Ascorbic Acid USP) | 50 mg | 56% |
| Niacin (as Niacinamide USP) | 10 mg | 63% |
| Vitamin B6 (as Pyridoxal-5'-Phosphate) | 10 mg | 588% |
| Folate (from 400 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt) | 680 mcg DFE | 170% |
| Calcium (as DimaCal® Dicalcium Malate) | 250 mg | 19% |
| Magnesium (as DiMagnesium Malate) | 150 mg | 36% |
| Zinc (as TRAACS® Zinc Bisglycinate Chelate) | 5 mg | 45% |
| 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.