

# Supplement Facts<sup>V1</sup>

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)<br>(from <i>Griffonia simplicifolia</i> (Seed))              | 150 mg             | *             |
| Gamma Aminobutyric Acid (PharmaGABA™)  | 150 mg             | *             |
| Phosphatidylserine (from <b>Soy</b> Lecithin)  | 100 mg             | *             |

\* Daily Value not established

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