

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	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%
Vitamin B12 (as Methylcobalamin)	200 mcg	8,333%
Magnesium (as DiMagnesium Malate)	75 mg	18%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	5 mg	45%
Inositol NF	1 g	*
Taurine USP	300 mg	*
L-Theanine (Suntheanine®)	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, Microcrystalline Cellulose, Magnesium Stearate, and Silicon Dioxide.