

Supplement Facts for Tablet		
Serving Size: 3 Tablets		
	Amount	%DV
Calories	10	
Total Carbohydrate	1 g	<1%
Dietary Fiber	1 g	4%
Vitamin C (as zinc ascorbate)	51 mg	85%
Thiamin (vitamin B-1)	25 mg	1,667%
Riboflavin (vitamin B-2)	25 mg	1,470%
Niacinamide	50 mg	250%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2,500%
Folate (as folic acid)	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	50 mcg	840%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium D-pantothenate)	25 mg	250%
Calcium	122 mg	12%
Magnesium (as magnesium oxide & taurine complex)	200 mg	50%
Zinc (as zinc ascorbate)	10 mg	67%
Manganese (as manganese citrate)	3 mg	150%
Sodium	15 mg	1%
St. John's Wort Aerial Parts Ext. (0.3%) Yielding 2.7 mg Hypericins	900 mg	
GABA ( <i>gamma</i> -aminobutyric acid)	500 mg	
Taurine (as magnesium taurine complex)	200 mg	
L-Tyrosine	200 mg	
Holy Basil Leaf Extract	100 mg	
Lemon Balm Leaf Extract	100 mg	
Valerian Root Extract	100 mg	
L-Phenylalanine	100 mg	
DMAE (as bitartrate)	60 mg	
L-Theanine	50 mg	
N-Acetyl L-Tyrosine	50 mg	
Relora® ( <i>Phellodendron amurense</i> bark extract and <i>Magnolia officinalis</i> bark extract blend)	50 mg	

**Suggested Use:** 3 tablets daily. For optimal absorption, take between meals or with a carbohydrate meal. One tablet can be taken before bedtime. For best results, use this product for at least 6 weeks, although benefits may be experienced sooner.

**Other Ingredients:** dibasic calcium phosphate, stearic acid, acacia gum, modified cellulose gum, and silica.

**Warning:** Contains phenylalanine and tyrosine. Not to be used by phenylketonurics or with antidepressant drugs containing MAOIs or SSRIs. Do not use this product while taking any medication or if you have a medical condition, without the advice of your physician or pharmacist. St. John's wort is known to interfere with many prescription and non-prescription drugs, including oral contraceptives, antibiotics, antidepressants, anticoagulants, antihistamines, immunosuppressants, corticosteroids, diabetes drugs, antiviral, antiseizure, anticancer and cardiovascular drugs. It may also cause increased photosensitivity; limit exposure to UV radiation. If you are pregnant, may become pregnant, breastfeeding, or have high blood pressure, consult your healthcare professional before using this product.

**Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.**