

Supplement Facts for Tablet

Serving Size: 3 Tablets

	Amount	%DV
Calories	10	
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	4%
Protein	1 g	2%
Vitamin D-3 (as cholecalciferol)	75 mcg (3,000 IU)	375%
Niacin (as tryptophan)	12 mg NE	75%
Vitamin B-6 (as pyridoxal-5'-phosphate)	20 mg	1,176%
Folate (as folic acid and calcium folinate) (600 mcg folic acid)	1,400 mcg DFE	350%
Calcium (as dibasic calcium phosphate)	34 mg	3%
Sodium	10 mg	<1%
L-Tryptophan	750 mg	
Holy Basil Leaf Extract	500 mg	
GABA (<i>gamma</i> -aminobutyric acid)	400 mg	
St. John's Wort Aerial Parts Extract	300 mg	
Passionflower Aerial Parts Extract	250 mg	
L-Theanine	200 mg	
N-Acetyl L-Tyrosine	200 mg	
5-HTP (from <i>Griffonia simplicifolia</i> seed)	200 mg	
Rhodiola Root Extract	200 mg	
Saffron Stigma Extract (standardized to 2% safranals by UV-Vis)	20 mg	

Suggested Use: 3 tablets daily with meals.

Other Ingredients: microcrystalline cellulose, hydroxypropyl cellulose, stearic acid, dibasic calcium phosphate, modified cellulose gum, magnesium stearate, and silica.

Warning: Do not use this product while taking any medication, or if you have a medical condition, without the advice of your physician. St. John's wort is known to interfere with many prescription and non-prescription drugs, and it may also cause increased photosensitivity. Limit exposure to UV radiation. If you are pregnant, may become pregnant, or breastfeeding, 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.

Store in a cool, dry place.