

# Supplement Facts

Serving size: 2 capsules    Servings per container: 30

	Amount Per Serving	%DV*
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin B6 (as pyridoxal-5'-phosphate)	10 mg	500%
Folate (as folic acid)	100 mcg	25%
Vitamin B12 (as methylcobalamin)	100 mcg	1667%
Magnesium (as magnesium oxide [200mg])	116 mg	29%
Zinc (as zinc oxide)	10 mg	67%
Selenium (as sodium selenite)	7 mcg	10%
Sensoril® (Withania somnifera)	125 mg	**
PharmaGABA®	100 mg	**
At-Ease Proprietary Blend	210 mg	**

(L-Theanine, Green tea leaf extract (Camellia sinensis-(standardized to 98% polyphenols, 75% catechins, 45% EGC), Panax ginseng root extract (standardized to 20% ginsenosides)

\*%Daily Value    \*\* Daily Value not established

**Other Ingredients:** Rice Flour, Gelatin, Vegetable Stearates, Silica, Titanium Dioxide