

| Ingredients | Per 1 capsule | % Nutrient Reference Value | Energy | Cognition & Psychological function | Immunity & anti-inflammatory |
|--|---------------|----------------------------|--------|------------------------------------|------------------------------|
| Vitamin B6 (Pyridoxine Hydrochloride) | 1.4mg | 100% | ◎ | ◎ | ◎ |
| Vitamin B12 (Cyanocobalamin) | 25ug | 1000% | ◎ | ◎ | ◎ |
| Vitamin C (Ascorbic acid) | 80mg | 100% | ◎ | ◎ | ◎ |
| Vitamin D3 (Cholecalciferol from algae) | 200iu | 100% | | | ◎ |
| Vitamin K2 (MK-7) | 70ug | 93% | | ◎ | |
| Iron (Ferrous Bisglycinate) | 14mg | 100% | ◎ | ◎ | ◎ |
| Magnesium (Citrate) | 45mg | 12% | ◎ | ◎ | |
| Selenium (L-Selenomethionine) | 60ug | 110% | | | ◎ |
| Zinc (Citrate) | 7mg | 70% | | ◎ | ◎ |
| Organic KSM-66® Ashwagandha Root <i>Containing 5% withanolides</i> <i>Equivalent from 10:1 extract</i> | 250mg | * | ◎ | ◎ | |
| Black Pepper | 5mg | * | | ◎ | ◎ |
| Citrus Bioflavonoids (30% Hesperidin) <i>From Citrus aurantium</i> | 43.75mg | * | | ◎ | ◎ |
| Elderberry (Sambucus nigra) <i>Equivalent from 5:1 extract</i> | 25mg | * | | ◎ | ◎ |
| Grape Seed Extract (95% Proanthocyanidins, 90% Polyphenols) <i>Equivalent from 120:1 extract</i> | 50mg | * | | ◎ | ◎ |
| Panax (Korean) Ginseng <i>Equivalent from 4:1 extract</i> | 25mg | * | ◎ | ◎ | ◎ |
| Lemon Balm (Melissa Officinalis) <i>Equivalent from 4:1 extract</i> | 250mg | * | | ◎ | |
| Lion's Mane (Hericium Erinaceus) <i>Equivalent from 5:1 extract</i> | 250mg | * | | ◎ | ◎ |
| Turmeric (95% Curcuminoids) <i>Equivalent from 50:1 extract</i> | 50mg | * | | ◎ | ◎ |
| Other ingredients: Hypromellose (Vegan Capsule), Brown Rice Flour (Gluten Free), Rice extract blend (Gluten Free) | | | | | |
| *Daily value not established | | | | | |