



30 Packets

## Supplement Facts

Serving Size 1 Packet (5 tablets, 2 softgels, 1 capsule) • Servings Per Container 30

Amount Per Packet	% Daily Value	Amount Per Packet	% Daily Value
Calories	10	Boron (as boron aspartate-citrate)	1 mg *
Calories from Fat	10	Vanadium (as bisglycinate oxovanadium)	50 mcg *
Total Fat	1 g 2%†	Choline (as choline bitartrate)	75 mg *
Saturated Fat	0 g 0%†	Inositol	25 mg *
Polyunsaturated Fat	1 g *	<i>para</i> -Aminobenzoic Acid USP	25 mg *
Vitamin A (86% (7,500 I.U.) as natural carotenes alpha, beta, beta-cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i> and 14% (1,250 I.U.) as vitamin A palmitate)	8,750 I.U. 175%	Citrus Bioflavonoids (85% as citrus bioflavonoid complex, min. 50% bioflavonoids and 15% as hesperidin methylchalcone)	50 mg *
Vitamin C (as ascorbic acid)	600 mg 1000%	Coenzyme Q <sub>10</sub> (as ubiquinol)****	50 mg *
Vitamin D <sub>3</sub> (as cholecalciferol)	500 I.U. 125%	Acetyl-L-Carnitine (as acetyl-L-carnitine hydrochloride)	500 mg *
Vitamin E (as d-alpha tocopheryl succinate and as natural mixed tocopherols d-alpha, d-beta, d-delta, d-gamma) from soy	200 I.U. 667%	L-Glutamine USP	250 mg *
Vitamin K (67% as vitamin K <sub>1</sub> phytonadione and 33% as vitamin K <sub>2</sub> menaquinone-7)	30 mcg 38%	L-Tyrosine (as L-tyrosine USP)	250 mg *
Thiamine (as thiamine hydrochloride USP)	50 mg 3333%	DMEA (dimethylaminoethanol)	100 mg *
Riboflavin (as riboflavin USP)	25 mg 1471%	L-Pyroglutamic acid	100 mg *
Niacin (75% as niacinamide USP and 25% as niacin USP)	100 mg 500%	Ashwagandha ( <i>Withania somnifera</i> ), dried extract, min. 1.5% withanolides, min. 1% alkaloids	100 mg *
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride USP)	25 mg 1250%	Blueberry ( <i>Vaccinium corymbosum</i> ) fruit, dried extract, min. 15% anthocyanins	100 mg *
Folate (as Metafolin*** L-5-methyltetrahydrofolate)	400 mcg 100%	Cordyceps ( <i>Cordyceps sinensis</i> ) mycelia	400 mg *
Vitamin B <sub>12</sub> (as methylcobalamin)	100 mcg 1667%	Eleuthero ( <i>Eleutherococcus senticosus</i> ) root, dried extract, min. 0.8% eleutherosides	300 mg *
Biotin USP	150 mcg 50%	Ginkgo ( <i>Ginkgo biloba</i> ) leaf, dried extract, min. 24% ginkgo flavone glycosides and 6% terpene lactones	80 mg *
Pantothenic Acid (as d-calcium pantothenate USP)	300 mg 3000%	Rhodiola ( <i>Rhodiola rosea</i> ) root, dried extract min. 5% rosavins	50 mg *
Calcium (82% as calcium citrate-malate and 18% as d-calcium pantothenate)	126 mg 13%	Vinpocetine	15 mg *
Iodine (from kelp)	75 mcg 50%	Glycerophosphocholine (GPC), supplying 50% alpha-glycerophosphocholine from soy	250 mg *
Magnesium (75% as di-magnesium malate and 25% as TRAACS® magnesium bisglycinate chelate**)	100 mg 25%	Phosphatidylserine**** (from sunflower lecithin)	50 mg *
Zinc (as zinc arginate chelate**)	7.5 mg 50%	Marine Fish Oil Concentrate	1 g *
Selenium (as L-selenomethionine)	100 mcg 143%		
Copper (as copper bisglycinate chelate**)	1 mg 50%	Omega-3 fatty acids:	Compound Weight‡ FFA Weight‡‡
Manganese (as manganese bisglycinate chelate**)	1 mg 50%	Eicosapentaenoic acid (EPA)	360 mg 330 mg *
Chromium (as chromium nicotinate glycinate chelate**)	100 mcg 83%	Docosahexaenoic acid (DHA)	270 mg 250 mg *
Molybdenum (as molybdenum glycinate chelate**)	75 mcg 100%		

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), gelatin, cellulose, carboxymethylcellulose sodium, croscarmellose sodium, d-limonene oil, microcrystalline cellulose, glycerin, caprylic acid, capric acid, alpha-lipoic acid, natural mixed tocopherol vitamin E, stearic acid, water, L-leucine, natural lemon oil, magnesium stearate, silicon dioxide, natural citrus flavor, OpaDry® coating, rosemary extract, cellulose coating, and natural caramel.

\*\*\*Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

\*\*\*\*Albion® Laboratories

\*\*\*\*\*Kaneka QH™ reduced form of coenzyme Q<sub>10</sub>. Kaneka QH™ is a trademark of Kaneka Corporation

\*\*\*\*\*Sharp-PS® GREEN brand, a registered trademark of Emzymotec LTD.

†Amounts reported as weight of the fatty acid compound.

‡‡Amounts reported as free fatty acid (FFA) equivalents by weight in accordance with voluntary CRN Monograph.

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**Suggested Use:** 1 packet daily with morning meal.

Each packet contains 1 large, beige **Adrenal Support** capsule, 1 oval, brown/red **Reduced Coenzyme Q<sub>10</sub>** softgel, 1 oblong, clear **Ultra-Potent Fish Oil** softgel, 3 oblong, yellow **Multiple Vitamins & Minerals** tablets, and 2 oblong, brown, speckled **Brain Support** tablets.

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. KEEP OUT OF REACH OF CHILDREN.

PLEASE NOTE: The tablets in these packets may darken or develop dark spots over time as a result of contact with softgel capsules. This is caused by transfer of moisture from the softgels and does not affect the potency of the products.

This product was made in a GMP and ISO 9001:2008 registered facility.

