

Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value
Thiamin (as thiamin HCl)	15 mg	1,000%
Niacin (as niacinamide)	25 mg	125%
Folate (as calcium folinate)	300 mcg	75%
Vitamin B12 (as methylcobalamin)	250 mcg	4,167%
Pantothenic Acid (as calcium pantothenate)	25 mg	250%
St. John's Wort (0.3% hypericin)	300 mg	*
5-Hydroxytryptophan	100 mg	*

***Daily Value not established**

Other ingredients: Vegetarian capsule shell (modified cellulose) and magnesium stearate (vegetable source).

This product is gluten and dairy free.

RECOMMENDATION: Take one (1) to two (2) capsules before meals, or at bedtime or as directed by your healthcare practitioner.

CAUTION: Not recommended for pregnant or lactating women. Those taking monoamine oxidase inhibitors should consult with their physicians.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

Product # 8100 Rev. 08/15