

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving		%DV
Magnesium Blend (Magnesium glycinate, oxide, and citrate)	200 mg	47.6%
Ashwagandha (Withania somnifera 20:1 Extract) [Root]	150 mg	†
L-Theanine	150 mg	†
Phosphatidylserine (Helianthus annuus)	50 mg	†
Corti-Soothe Blend™	100 mg	†

Lions Mane Mushroom (Hericium herinaecus), Holy Basil (Ocimum sanctum), Ginkgo Biloba (Leaf), Rhodiola Rosea, Bacopa Monnieri (Whole Plant), GABA, Panax Ginseng, Valerian Root (Valeriana officinalis), Magnolia bark

†Daily Value (DV) not established

OTHER INGREDIENTS: Hypromellose (Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.