

Supplement Facts

Serving Size

1 bottle 465ml (15.7 fl oz)

Amount per Serving

%Daily value*

Calories 95

Total Carbohydrate 19g 6%

Dietary Fibers 1g 4%

Total Sugars 18g **

Includes 18g Added Sugars 35%

Vitamin C (as ascorbic acid) 80mg 90%

Vitamin E (as d-alpha tocopherol) 10mg 70%

Thiamin (as thiamine hydrochloride) 0.9mg 80%

Riboflavin 1.17mg 90%

Niacin (as niacinamide) 13.3mg 80%

Vitamin B6 (as pyridoxine hydrochloride) 1.17mg 70%

Folate 284 µg DFE 70%
(167 µg folic acid)

Vitamin B12 (as cyanocobalamin) 2.5µg 100%

Panthenic Acid (as calcium D-pantothenate) 5mg 100%

Choline (as choline bitartrate) 100mg 20%

Calcium (as calcium carbonate) 267mg 20%

Magnesium (as magnesium oxide 53mg and
magnesium citrate 56mg) 109mg 25%

Zinc (as zinc gluconate) 4.3mg 40%

Selenium (as sodium selenite) 17µg 30%

Sodium (as sodium citrate) 180mg 8%

Potassium (as dipotassium phosphate) 578mg 10%

Betaine (as betaine hydrochloride) 417mg **

Phosphatidylserine 100mg **

L-Glutamine 2500mg **

L-Tyrosine 417mg **

L-Cysteine (as L-cysteine hydrochloride) 250mg **

L-Tryptophan 67mg **

*Percent Daily Values based on a 2,000 calorie diet

**Daily value not established

Other ingredients: Water, fructose, dextrose, natural flavors (including lemon flavor, grapefruit flavor, and other natural flavors), sodium benzoate, potassium sorbate, malic acid, citric acid, maltodextrin.