

Suggested Usage: Take 1 softgel up to 3 times daily with a meal or as directed by your qualified healthcare provider.

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 30

	Amount per Serving	% Daily Value
Magnesium (as Magnesium Chelate)	50 mg	13%
Vitamin E (Mixed Tocopherols)	15 IU	50%
Vitamin B-6 (Pyridoxine HCl)	50 mg	2500%
Vitamin B-12 (Cyanocobalamin)	200 mcg	3333%
Folic Acid	800 mcg	200%
Chromium (as Chromium Chelate)	200 mcg	166%
Advanced Marine Oil <i>(Yielding 250 mg DHA-Docosahexaenoic acid, 35mg EPA-Eicosapentanoic Acid)</i>	500 mg	**
Phosphatidyl Advanced Complex <i>(Yielding 20 mg PS - Phosphatidyl Serine)</i>	100 mg	**
DMAE Bitartrate	100 mg	**
Choline Bitartrate	100 mg	**
Inositol	100 mg	**
L-Glutamic Acid HCl	50 mg	**
L-Tyrosine	20 mg	**
Betaine (Trimethylglycine)	25 mg	**
Blood Sugar Level Complex Blend <i>Alpha Lipoic Acid, Grape Seed Extract, Opuntia Streptacantha (Leaf), Gymnema Sylvestre Extract (Leaf)</i>	100 mg	**

** Daily Value not established

Other Ingredients: Soybean Oil, gelatin, glycerin, beeswax, soy lecithin, carob, titanium dioxide, natural carmine, and polysorbate 80.