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Supplement Facts

Serving Size:

Servings: 30

Amount Per Serving

Calories	18
Calories from Fat	0

Total Carbohydrates	4.5g
Sugars	4g
Fibers	0.5g
Protein	0g
Sodium	10mg

Vitamin B1 (Thiamine Mononitrate)	1.4mg	100%
Vitamin B2 (Riboflavin)	1.7mg	100%
Vitamin B3 (Niacin)	32mg	160%
Vitamin B6 (Pyridoxine)	40mg	2000%
Vitamin B12 (Cyanocobalamine)	540mcg	9000%
Vitamin C (Ascorbic acid)	60mg	100%
Vitamin E (d-alpha-tocopheryl acetate)	10IU	33%
Folic Acid	800mcg	200%
Pantothenic Acid	5mg	50%
Calcium (Amino Acid Chelate)	100mg	10%
Magnesium (Amino Acid Chelate)	40mg	10%
Potassium (Citrate)	32mg	1%
Zinc (Amino Acid Chelate)	1.8mg	12%
Chromium (Polynicotinate)	100mcg	84%
Selenium (l-selenomethionine)	6mcg	8%

Proprietary Blend 2.9g **

Citric Acid, Amino Acid Complex (L-Glycine, L-Proline, L-Glutamine, L-Taurine, L-Arginine, B-Alanine, Trimethyl Glycine, L-Leucine, L-Theanine), Green Tea Extract Complex, Tribulus Terrestris Extract, DMAE, Avena Sativa, Cnidium Monnier Extract, Phenethylamine, Rhodiola Extract, Maca, Lycopene Extract, Nettle Leaf Extract, Pumpkin Seed Powder, Pygeum Extract, Mucuna Pruriens Extract, Coenzyme Q10, American Ginseng Root Extract, Super Oxide Dismutase, Shilajit, Eurycoma Longifolia, Grape Seed Extract, Alpha Lipoic Acid, Trace Mineral Complex.

Other Ingredients: Natural Flavors, Natural Colors, Sucralose, Silicon dioxide

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

** **Daily Value not established**