

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take two (2) Liquid Soft-Gels twice daily with a meal and a full glass (8oz) of water.

Supplement Facts

Serving Size: 2 Liquid Soft-Gels

Servings per Container: 40

| | Amount per Serving | %Daily Value |
|--|--------------------|--------------|
| Calories | 20 | |
| Total Fat | 1.5 g | 2%** |
| Total Carbohydrates | 1 g | <1%** |
| Protein | 1 g | |
| Vitamin D3 (as Cholecalciferol) | 15 mcg (600 IU) | 75% |
| Iron | 0.7 mg | 4% |
| Magnesium (as Magnesium Citrate) | 75 mg | 18% |
| Chromium (as Chromium Picolinate) | 100 mcg | 286% |
| Flaxseed Oil (seed) | 1500 mg | † |
| Lemon Balm extract (4:1)(leaf) | 150 mg | † |
| Damiana (<i>Turnera diffusa</i>) extract (4:1)(leaf) | 100 mg | † |
| 5-HTP (<i>Griffonia simplicifolia</i>) powder (seed) | 100 mg | † |
| Passionflower extract (4:1)(flower) | 100 mg | † |
| Rhodiola (<i>Rhodiola rosea</i>) extract (1% rosavins, 1 mg, 1% salidroside, 1 mg)(root) | 100 mg | † |
| L-Theanine | 50 mg | † |
| Saffr'Activ® Saffron extract (0.3% safranal, 0.015 mg)(stigma and flower) | 5 mg | † |
| BioPerine Complex | 3 mg | † |
| BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome) | | |

**% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, beeswax, dextrin, soy lecithin, turmeric (color), maltodextrin, titanium dioxide (color), riboflavin (color), silicon dioxide, sodium copper chlorophyllin (color) and microcrystalline cellulose.

Contains: Soy

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No preservatives added.

Usage Warnings: Do not use if safety seal is broken. This product contains an ingredient that may affect blood sugar. Check with your doctor before using this product if you are using medication, including anti-depressants and pain medication, or have any medical conditions, including digestive disorders. Some people may experience drowsiness. Exercise caution if driving a vehicle or operating machinery. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.