

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 20

	Amount Per Serving	%DV
Niacin (from Niacinamide and L-Tryptophan)	171 mg	1069%
Magnesium (as Magnesium Glycinate)	50 mg	12%
Zinc (as Zinc Glycinate)	20 mg	182%
L-Tryptophan	1,250 mg	**
Rhodiola Rosea (root) extract (Standardized to 3% total rosavins, min 1% salidroside)	400 mg	**

**Daily Value (DV) not established.

Other Ingredients: Hypromellose (Capsule), Ascorbyl Palmitate
Silica