

Calm Capsules - NUTRITIONAL TABLE

Nutritional Information	Per Calm Capsule	% RI Per Sachet
Calm Capsule		
Capsule Ingredients	Amount per Serving (2 Capsules)	%NRV Per Serving
Ashwagandha Root Extract	300mg	*
L-Theanine	200mg	*
Lemon Balm Leaf Extract	300mg	*
Saffron Flower Extract	30mg	*
Vitamin D3 (Vegan) (Cholecalciferol)	10ug/400IU	200
Vitamin C (L-Ascorbic Acid)	80mg	100
Riboflavin (Vitamin B2) (Riboflavin 5'Phosphate)	2.8mg	200
Niacin (Vitamin B3) (Niacinamide)	16mg	100
Folic Acid (Calcium L-Methylfolate)	200ug	100
Vitamin B6 (Pyridoxine Hydrochloride)	8.4mg	600
Vitamin B12 (Methylcobalamin)	10ug	400
Magnesium (Magnesium Bisglycinate)	100 mg	27

RI = Reference Intake

NRV = Nutrient Reference Value

* = No Established RI

** = No Established NRV

Calm CAPSULE INGREDIENTS

Magnesium Bisglycinate, Ashwaghandha Root Extract (*Withania somnifera*), Lemon Balm Leaf Extract (*Melissa Officinalis*), L-Theanine, Vitamin C (Ascorbic acid), Saffron Flower Extract (*Crocus sativus*), Vitamin B3 (Niacinamide), Vitamin B6 (Pyridoxine HCL), Vitamin D3 (Cholecalciferol), Vitamin B2 (Riboflavin 5'Phosphate, Sodium), Vitamin B12 (Methylcobalamin), Folic Acid (Calcium L-Methylfolate).
Capsule Shell: (Hydroxypropyl Methylcellulose) Anti-Caking Agent: Brown Rice Extract (Gluten Free)