

NUTRITIONAL INFORMATION

4 CAPSULES TYPICALLY PROVIDE:		%NRV*
Vitamin D (µg) (1000 iu)	25	500
Vitamin B6 (mg)	0.43	30
Magnesium (mg)	56.2	15
Myo-inositol (mg)	2000	**
Oat (Avena sativa) Extract 10:1 (mg) (equivalent to 1000 mg of Avena)	100	**
Passion Flower (Passiflora incarnata) Extract 4:1 (mg) (equivalent to 400 mg of Passion Flower)	100	**
Ashwagandha (Withania somnifera) Root Extract 12:1 (mg) (equivalent to 500 mg of Ashwagandha root)	42	**
Providing: Withanolides (mg)	0.6	
Bacopa monnieri Extract 25:1 (mg) (equivalent to 200 mg of Bacopa monnieri)	8	**
*NRV (Nutrient Reference Value) ** NRV not established		