

Directions: 2 capsules daily or as directed by your healthcare practitioner.

Cautions: Food supplements are intended to supplement the diet and should not be used as a substitute for a varied diet or healthy lifestyle. Do not exceed stated daily dose. Not suitable for children under 12 years old. Before taking this product, please consult your doctor or pharmacist if you are taking any medication, have a medical condition, are pregnant, breastfeeding or trying to become pregnant. Store in a cool dark place. Keep out of reach of children. Do not use if the seal is broken.

Ingredients: Holy Basil Extract (Ocimum Sanctum), L - Theanine, Tri-Calcium Citrate (Tetrahydrate), L-Taurine (2-Aminoethylsulfonic Acid), L-Tryptophan (propanoic acid), Apple Cider Vinegar Powder (Malus pumila mill), Inositol, Magnesium (Bisglycinate Kpure), Potassium Chloride, Vitamin B1 (Thiamine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B3 (Nicotinamide), Vitamin B5 (D-Calcium Pantothenate) Panthothenic Acid, Vitamin B6 (Pyridoxine Hydrochloride), Phosphatidyl Choline, Vitamin B9 (Folic Acid), Vitamin B7 (D-Biotin) Pure, Vitamin B12 (Cyanocobalamin), Hydroxypropylmethyl cellulose (capsule shell).

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fushi

CALMAID

herbal extract, vitamins & wholefoods blend with
TULSI & MAGNESIUM

60 vegan capsules



Fushi food supplement blends are created with high strength herbal extracts, vitamins & wholefoods combined with our Fushi fresh-ground® herbs from this season's harvest and encapsulated in our London workshop, to provide natural remedies for everyday wellness.

| Nutritional Breakdown | Per 1 cap | %NRV* | Per 2 caps | %NRV* |
|-------------------------------|-----------|-------|------------|-------|
| Apple Cider Vinegar | 14.5mg | | 29mg | |
| Calcium | 7.5mg | <1 | 15mg | <2 |
| Organic Tulsi | 50mg | | 100mg | |
| Inositol | 14.5mg | | 29mg | |
| L-Theanine | 55mg | | 110mg | |
| L-Taurine | 29mg | | 58mg | |
| L-Tryptophan | 29mg | | 58mg | |
| Magnesium | 1.5mg | <0.5 | 3mg | <1 |
| Phosphatidylcholine | 7mg | | 14mg | |
| Potassium Chloride | 7.5mg | <0.5 | 15mg | <1 |
| Vitamin B1 (Thiamin) | 5.5mg | 508 | 11mg | 1016 |
| Vitamin B2 (Riboflavin) | 7mg | 515 | 14mg | 1031 |
| Vitamin B3 (Niacin) | 7mg | 45 | 14mg | 90 |
| Vitamin B5 (Pantothenic Acid) | 6.5mg | 108 | 13mg | 217 |
| Vitamin B6 (Pyridoxine) | 6mg | 419 | 12mg | 839 |
| Vitamin B7 (D-Biotin) | 222µg | 444 | 444µg | 888 |
| Vitamin B9 (Folic Acid) | 281µg | 140 | 562µg | 281 |
| Vitamin B12 (Cyanocobalamin) | 30.5µg | 1236 | 61µg | 2473 |

*NRV=Nutrient Reference Value