

Supplement Facts

Serving Size 3 Capsules
Serving Per Container 30

	Amount Per Serving	%Daily Value
Calories	5	
Total Carbohydrate	1 g	<1 %*
Vitamin B ₁₂ (as Cyanocobalamin)	400 mcg	16660%
Organic Lion's Mane (<i>Hericium erinaceus</i>) Extract (Fruiting body)	500 mg	**
Organic Rhodiola (<i>Rhodiola rosea</i>) Extract (Root)	340 mg	**
Organic Bacopa Monnieri (<i>Bacopa monnieri</i>) Extract (Leaves)	300 mg	**
Organic Ashwagandha (<i>Withania somnifera</i>) Extract (Root)	125 mg	**
Organic L-Theanine (from Organic Green Tea Extract) (<i>Camellia sinensis</i>) (Leaf)	50 mg	**

*Percent Daily Values are based on a 2000 calorie diet.

**Daily Value not established

Other ingredients: organic pullulan capsule,
organic rice hulls, organic rice extract blend.