



Ingredients: Green Tea Extract (Camellia sinensis), Ashwagandha Root Extract (Withania somnifera) (KSM-66®), Sage Leaf Extract (Salvia officinalis), Bacopa Leaf Extract (Bacopa monnieri), Siberian Ginseng Extract (Eleutherococcus senticosus), Rhodiola Extract (Rhodiola rosea), Saffron Extract (Crocus sativus) (Safr'inside™), Zinc Bisglycinate, Pantothenic Acid (Calcium Pantothenate), Pyridoxal 5-Phosphate, Riboflavin (Riboflavin-5-Phosphate), Thiamin (Thiamine Hydrochloride), Calcium L-5-Methyltetrahydrofolate, Methylcobalamin, Black Pepper Extract (Piper nigrum), Bamboo Silica (Flow Agent), Hydroxypropyl Methylcellulose (Capsule Shell).

Storage Notices: Store in a cool, dry place out of reach and sight of young children.

Directions: Take 2 capsules in the morning or early afternoon, or 1 capsule in the morning and 1 in the afternoon.

Warning Notices: Do not exceed recommended dose. Food supplements must not be used as a substitute for a balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, taking any medications, or under medical supervision, please consult a doctor or pharmacist before taking this supplement.

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Nutritional Information	Per 2 capsules	%EU NRV*
Ashwagandha KSM-66 (5% Withanolides) 12:1 Extract	300mg	-
Sage Leaf (2.5% Rosemarinic Acids) 4:1 Extract	200mg	-
Bacopa Monnieri Extract (50% Bacosides)	120mg	-
L-Theanine (Green Tea Extract)	100mg	-
Siberian Ginseng (0.8% Eleutherosides) 25:1 Extract	100mg	-
Rhodiola Rosea Extract (3% Rosavins 1% Salidrosides)	100mg	-
Saffron Extract (Safr'inside™) (3.33% Salidrosides & 3% Crocins)	30mg	-
Bioperine® (Black Pepper extract)	5mg	-
Zinc (Bisglycinate)	10mg	100%
Vitamin B1 (Thiamine Hydrochloride)	10mg	910%
Vitamin B2 (Riboflavin-5-Phosphate)	10mg	714%
Vitamin B5 (Calcium Pantothenate)	30mg	500%
Vitamin B6 (Pyridoxal-5-Phosphate)	11.2mg	800%
Folate (as Calcium L-5-Methyltetrahydrofolate)	100µg	50%
Vitamin B12 (Methylcobalamin)	50µg	2000%

Safr'inside is a registered trademark of Activ'Inside.
**Thiamine, Vitamin B6 & B12 support normal psychological function. Pantothenic Acid contributes to normal mental performance and Zinc supports cognitive function.*

60 Capsules | 30 Days