

Active Ingredients	Per Tablet	RI *
<b>HydroxyTryptophan</b> (Griffonia simplicifolia extract) (99per 5-HTP)	105mg	
Di Calcium Phosphate		
Vitamin B6 (Pyridoxine Hydrochloride) 5.12mg providing <b>Vitamin B6</b>	4.2mg	383%
<b>Vitamin D3</b> (Cholecalciferol) 0.1 MIU/g 100,000 iu/gm 2mg providing	5µg	200%
Magnesium Oxide 100mg providing <b>Magnesium</b>	60mg	116%
Ascorbic Acid 82.45mg providing <b>Vitamin C</b>	80mg	100%
Zinc Citrate 33.5mg providing <b>Zinc</b>	10mg	100%
Ferrous Fumarate 46mg providing <b>Iron</b>	14mg	100%
Vitamin E providing <b>Vitamin E</b>	12mg	100%
Vitamin K1 5% 1.5mg providing <b>Vitamin K</b>	75µg	100%
<b>Vitamin B3</b> Niacin	16mg	100%
<b>Vitamin B1</b> (Thiamin) 1.42mg providing Thiamin	1.1mg	100%
<b>Vitamin B2</b> (Riboflavin)	1.4mg	100%
<b>Vitamin A</b> (Retinyl Acetate) 7.16mg providing Vitamin A	800µg	100%
<b>Folate</b> (Folic Acid)	200µg	100%
Potassium Iodide 0.2mg providing <b>Iodine</b>	150µg	100%
Copper Citrate 2.78mg providing <b>Copper</b>	1mg	100%
Vitamin B12 (Cyanocobalamin) 1% 0.25mg providing <b>Vitamin B12</b>	2.5µg	100%
Sodium Selenite 0.122mg providing <b>Selenium</b>	55µg	100%
<b>Biotin</b> (D)	50µg	100%
Manganese Gluconate 18.18mg providing <b>Manganese</b>	2mg	100%
Turmeric Powder	50mg	
<b>DL-Choline</b> Bitartrate	20mg	
<b>Citrus Bioflavonoids</b>	14mg	
Grape Seed Extract 95% Proanthocyanidins 90% <b>polyphenols</b> 120:1 5mg	600mg	
<b>L-Glutamine</b>	5mg	
Calcium Carbonate 303mg providing <b>Calcium</b>	112mg	
Magnesium Oxide 626mg providing <b>Magnesium</b>	375mg	100%
Zinc Gluconate 50mg providing <b>Zinc</b>	6mg	160%
Vitamin B6 Pyridoxine Hydrochloride 1.41mg providing <b>Vitamin B6</b>	1.16mg	383%
Cod Liver Oil (Fish) <b>EPA 70mg DHA 80mg</b>	1000mg	
<b>Vitamin A</b>	1000iu	137.5
<b>Vitamin D</b>	100iu	200%

<b>Apple Cider Vinegar</b>	500mg	
<b>Caffeine Anhydrous</b>	200mg	
* Reference intake of an average adult (8400 kJ/2000 kcal) (Cumulative in Chart)		

Whole Food Sourced, GMP Certified, 100% Natural, and Less than Half the Price of Our Competitors.

Thank you for taking the time to read,



Luke Schmidt, AthleticAdvantage