



## Supplement Facts:

Serving Size: 2 capsules Servings Per Container: 30	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxal-5-phosphate)	2.5 mg	125
Vitamin B12 (as methylcobalamin)	7.5 mcg	125
Citicoline (Cognizin®)	250 mg	**
Bacopa Monnieri (45% bacosides) (whole plant)	150 mg	**
Lion's Mane Mushroom (full spectrum)	500 mg	**
Phosphatidylserine (Sharp-PS® Green derived from sunflower lecithin)	100 mg	**
Pterostilbene	500 mcg	**
N-Acetyl-L-Tyrosine	175 mg	**
L-Theanine (Suntheanine®)	100 mg	**
Rhodiola Rosea (3% rosavins and 1% salidroside) (root)	50 mg	**
Vinpocetine	6 mg	**

\*\* Daily Value Not Established

Other Ingredients: Pullulan (Plantcaps® capsule)

Suitable for vegans. Contains NO soy, egg, fish, shellfish, dairy, peanut, tree nuts, wheat, gluten, caffeine. Non-GMO.

Cognizin® is a registered trademark of Kyowa Hakko Bio Co., Ltd.

Sharp-PS® is a registered trademark of Enzymotec Ltd.

Suntheanine® is a registered trademark of Taiyo International, Inc.

**Suggested Use:** Take two (2) capsules in the morning or early afternoon, preferably with food. This initial dose may be increased to a maximum of four (4) capsules. Do not exceed four (4) capsules in a 24 hour period unless otherwise directed by a health care practitioner.

**Warning:** DO NOT use if pregnant, nursing or under the age of 18. Consult with a health care practitioner before taking this or any nutritional supplement if you have or suspect a medical condition and/or are taking any medications. If you experience any adverse reactions from taking this product discontinue immediately and contact your health care practitioner. Do not use if safety seal is broken or missing. Store in a cool dry place. KEEP OUT OF REACH OF CHILDREN.