

Supplement Facts

Serving Size 4 capsules

Servings Per Container 30

	Amt Per 4 caps	%DV
Vitamin B2 (as riboflavin)	1.3 mg	98%
Vitamin B9 (as folate 5 methyl tetrahyrdofolate)	100 mcg DFE	25%
Vitamin B12 (as methylcobalamin)	5 mcg	208%
Calcium (as calcium carbonate, Fulvic Trace Mineral Powder)	113 mg	9%
Magnesium (Z1-Minerals™, Fulvic Trace Mineral Powder)	37 mg	9%
Selenium (Organic CAPROS® Alma Berry Extract)	1 mcg	2%
Chloride (Z1-Minerals™, Organic CAPROS® Alma Berry Extract)	102 mg	4%
Fortitude 85™ Proprietary Blend	2370 mg	†
Maca Root (Lepidium meyenii) Extract		†
Holy Basil Leaf (Ocimum sanctum) Extract		†
Organic SENSORIL® Ashwagandha (Withania somnifera) Extract		†
Organic CAPROS® Alma Berry (Phllyanthus Emblica) Extract		†
Z1-Minerals™ 72 Ionic Sea Minerals and Trace Minerals (seawater)		†
Panax Ginseng Root Extract		†
ACTIValoe® Aloe Vera (Aloe barbadensis) Gel Qmatrix®		†
Eleuthero Root (Eleutherocus senticosus) Extract		†
Schisandra (Schisandra Chinensis) Extract		†
Rhodiola Root (Rhodiola Rosea) Extract		†
LipoZome™ (phosphatidylcholine, phosphatidylserine)		†
Fulvic Trace Mineral Powder		†

Other Ingredients: Gelatin (vegetable capsule), Calcium (as calcium carbonate), Bamboo Leaf (Phyllostachys viridis) Extract, Maltodextrin.

† Daily Value (DV) not established