

ROOTS

Supplement Facts

Serving size 1 vegetarian capsule

Servings per container 90

	Amount Per Serving	%DV
Niacin (as niacinamide)	50 mg NE	313%
Vitamin B6 (as pyridoxal 5'-phosphate)	10 mg	588%
Folate (as calcium folinate)	200 mcg DFE	50%
Vitamin B12 (as methylcobalamin)	1000 mcg	41667%
Magnesium (as magnesium citrate)	10 mg	2%
St. John's Wort Extract (Hypericum perforatum) (leaves and flower tops) (standardized to 0.3% hypericin)	200 mg	*
5-HTP (5-Hydroxytryptophan from Griffonia Extract [Griffonia simplicifolia]) (seed)	75 mg	*
SAMe (from S-adenosyl L-methionine tosylate disulfate)	60 mg	*

*Daily Value (DV) not established.

Other ingredients: Vegetarian capsule (hypromellose), cellulose.