

# ROOTS

## Supplement Facts

**Serving size** 1 vegetarian capsule

**Servings per container** 100

	Amount Per Serving	%DV
Magnesium (as magnesium aspartate)	50 mg	12%
Potassium (as potassium citrate)	49.5 mg	1%
Valerian ( <i>Valeriana officinalis</i> ) (root)	50 mg	*
Jujube Extract ( <i>Ziziphus spinosa</i> ) (fruit, seed)	37.5 mg	*
Oriental Arborvitae ( <i>Platycladus orientalis</i> ) (seed)	37.5 mg	*
St. John's Wort Extract ( <i>Hypericum perforatum</i> ) (whole herb)	25 mg	*
Baikal Skullcap Extract ( <i>Scutellaria baicalensis</i> ) (root)	25 mg	*
Fu-Ling ( <i>Poria cocos</i> ) (fungus)	25 mg	*
Polygala (Yuan-Zhi) Extract ( <i>Polygala tenuifolia</i> ) (root)	25 mg	*
5-HTP (5-Hydroxytryptophan from <i>Griffonia simplicifolia</i> seed extract)	17.5 mg	*
Eleuthero Extract ( <i>Eleutherococcus senticosus</i> ) (root)	12.5 mg	*
<b>Proprietary Blend:</b>	70 mg	*
Betaine HCl		
Gentian ( <i>Gentiana lutea</i> ) (root)		
Protease I		
Protease II		
Bromelain		
Amylase		
Peptidase		
Lipase		
Lactase		
Maltase		
Sucrase		

\*Daily Value (DV) not established.

**Other ingredients:** Vegetarian capsule (hypromellose), cellulose.