

Supplement Facts

Serving size: 2 Tablets Each

Servings per container: 30

	AWAKE FORMULA		ASLEEP FORMULA	
	Amt Per Serving	%DV	Amt Per Serving	%DV
VITAMINS				
Vitamin A (as retinyl palmitate & 85% as beta-carotene and natural beta-carotene)	1,533 IU	31%	1,267 IU	25%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	67 mg	112%	133 mg	222%
Vitamin D (as cholecalciferol)	27 IU	7%	33 IU	8%
Vitamin E (from mixed natural tocopherols)	33 IU	110%	27 IU	90%
Vitamin K (as phytonadione)	50 mcg	63%	50 mcg	63%
Thiamin (as thiamin HCl)	3.3 mg	220%	1.7 mg	113%
Riboflavin (as riboflavin and riboflavin-5-phosphate)	2.7 mg	159%	3.3 mg	194%
Niacin (as niacinamide and niacin)	47 mg	235%	47 mg	235%
Vitamin B6 (as pyridoxine HCl and pyridoxal 5-phosphate)	8 mg	400%	5 mg	250%
Folate (as folic acid)	33 mcg	8%	53 mcg	13%
Vitamin B12 (as cyanocobalamin)	53 mcg	883%	80 mcg	1,333%
Biotin	33 mcg	11%	27 mcg	9%
Pantothenic acid (as D-calcium pantothenate)	8 mg	80%	13 mg	130%

MINERALS

Calcium (as calcium citrate & carbonate)	200 mg	20%	200 mg	20%
Iodine (as potassium iodide and from kelp)	20 mcg	13%	10 mcg	7%
Magnesium (as magnesium oxide and glycinate)	-	-	100 mg	25%
Zinc (as zinc glycinate)	3.3 mg	22%	1 mg	7%
Selenium (as selenomethionine)	20 mcg	29%	16 mcg	23%
Copper (as copper lysinate)	0.13 mg	7%	0.07 mg	4%
Manganese (as manganese gluconate)	0.13 mg	7%	0.07 mg	4%
Chromium (as chromium polynicotinate)	33 mcg	28%	26.6 mcg	22%
Molybdenum (as sodium molybdate)	6.7 mcg	9%	5.3 mcg	7%

CELL REGULATION COMPLEX

Gotu kola leaf	6.7 mg	*	-	-
Green tea leaf extract, oolong tea leaf extract, white tea leaf extract and black tea leaf extract	67 mg	*	-	-
Phosphatidylcholine & phosphatidylinositol (from soy lecithin)	16.7 mg	*	40 mg	*
DMAE bitartrate	16.7 mg	*	-	-
<i>Cordyceps sinensis</i> mushroom extract (1% cordycepic acid)	8.3 mg	*	5.5 mg	*
Royal jelly 3.5X (6% 10-HDA)	6.7 mg	*	6 mg	*
Green coffee bean extract	50 mg	*	-	-
L-Glutamine	-	-	166.7 mg	*
L-Theanine	33.3 mg	*	66.7 mg	*
5-HTP (from <i>Griffonia simplicifolia</i> seed extract)	-	-	16.7 mg	*
Jujube seed extract	-	-	1 mg	*
Taurine	16.7 mg	*	10.7 mg	*
L-Arginine (as L-arginine HCl)	-	-	106.7 mg	*
L-Ornithine (as L-ornithine HCl)	-	-	80 mg	*
L-Phenylalanine	16.7 mg	*	-	-
L-Tyrosine	16.7 mg	*	13.3 mg	*
Herbal sleep blend (passion flower, lemon balm (aerial parts), chamomile flower & poppy seed)	-	-	33.3 mg	*
Aquamin™ <i>Lithothamnion corallioides</i> red algae extract	100 mg	*	100 mg	*

FREE RADICAL SCAVENGER COMPLEX

Anthocyanins (from bilberry fruit and grape skin extracts)	3.3 mg	*	-	-
<i>Ginkgo biloba</i> leaf extract (24% ginkgo flavonglycosides, 6% sesquiterpene lactones)	33.3 mg	*	-	-
Cruciferous vegetable concentrate (broccoli, kale, radish) (2% glucosinolates)	-	-	26.7 mg	*
Grape skin extract (37% total phenolics)	-	-	13.3 mg	*
Tomato lycopene extract (20% lycopene)	-	-	1.3 mg	*
Rosemary 4:1 extract (aerial parts)	-	-	2.2 mg	*
Pycnogenol (pine bark extract)	-	-	1.1 mg	*
Lutein (from marigold flower extract)	-	-	0.53 mg	*
Green barley grass (aerial parts)	16.7 mg	*	6.7 mg	*

Supplement Facts (cont.)

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	AWAKE FORMULA		ASLEEP FORMULA	
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DNA REPAIR COMPLEX				
Melatonin	-	-	1.3 mg	*
N-Acetyl-cysteine	8.3 mg	*	8.3 mg	*
Inositol hexaphosphate	16.7 mg	*	16.7 mg	*
Mustard green extract (whole plant) 4:1	1.3 mg	*	1.3 mg	*
Quercetin dihydrate	-	-	20 mg	*

STEM CELL MAINTENANCE COMPLEX

Chlorella algae	16.7 mg	*	16.7 mg	*
Spirulina algae	33.3 mg	*	10 mg	*
Klamath blue-green algae	50 mg	*	30 mg	*
Fucoxanthin seaweed (whole plant)	16.7 mg	*	16.7 mg	*
Brown seaweed extract	1.3 mg	*	3.3 mg	*

TELOMERE MAINTENANCE COMPLEX

Purslane extract (aerial parts)	3.3 mg	*	3.3 mg	*
Turmeric root extract (95% curcuminoids)	16.7 mg	*	16.7 mg	*
Quercetin dihydrate	20 mg	*	-	-
Cayenne pepper fruit	6.7 mg	*	6.7 mg	*
Vanadium (as vanadium chelate)	-	-	13.3 mcg	*
L-Arginine	16.7 mcg	*	-	-
Fenugreek seed	16.7 mg	*	13.3 mg	*
Milk thistle seed extract (80% silymarin)	-	-	20 mg	*
Korean ginseng root extract (10% ginsenosides)	20 mg	*	-	-
Astragalus root extract	6.7 mg	*	-	-
Soybean lecithin [linoleic acid (10.6%), alpha-linolenic acid (1.3%), oleic acid (1.6%)], Borage seed oil (10% gamma-linolenic acid), Evening primrose oil (4.8% GLA), Fish body oil (4.5% eicosapentaenoic acid, 3.0% docosahexaenoic acid)	133.3 mg	*	133.3 mg	*

CALORIE RESTRICTION COMPLEX

Fruitura™ (Trans-resveratrol and polyphenol complex)	25 mg	*	25 mg	*
Pterostilbene	1.3 mg	*	1.3 mg	*
Fisetin [<i>Buxus microphylla</i> Sieb (stem and leaf)]	1.3 mg	*	1.3 mg	*
Alpha lipoic acid	33.3 mg	*	33.3 mg	*
Coenzyme Q10	3.3 mg	*	3.3 mg	*
Betaine HCl	2.7 mg	*	2.3 mg	*
Sulfur (from MSM – methylsulfonylmethane)	2 mg	*	2 mg	*
L-Carnitine tartrate	6.7 mg	*	6.7 mg	*
L-Carnitine HCl	3.3 mg	*	3.3 mg	*

DIGESTION / ABSORPTION ENHANCERS

<i>Bacillus coagulans</i> (Lactospore®)	200 million CFU	*	200 million CFU	*
AstraGin™ proprietary extraction of <i>Astragalus membranaceus</i> (root) and <i>Panax notoginseng</i> (root)	16.7 mg	*	16.7 mg	*
Triphala (<i>Emblica officinalis</i> fruit, <i>Terminalia chebula</i> fruit, <i>Terminalia bellerica</i> fruit)	16.7 mg	*	16.7 mg	*
Artichoke leaf extract	33.3 mg	*	33.3 mg	*
Guarana seed extract	26.7 mg	*	-	-
Amylase	400 units	*	266.7 units	*
Neutral protease	100 units	*	66.7 units	*
Cellulase	3.3 units	*	2.2 units	*
Lactase	66.7 units	*	44.5 units	*
Lipase	16.7 units	*	10.7 units	*
Black pepper fruit extract (Bioperine®)	3.3 mg	*	3.3 mg	*

Other ingredients: **awake formula:** Microcrystalline cellulose, croscarmellose sodium, calcium silicate, stearic acid, film coat (hypromellose, polyethylene glycol and hydroxypropyl cellulose), magnesium stearate, silica and vanillin. Contains soy.

Other ingredients: **asleep formula:** Microcrystalline cellulose, film coat (hypromellose, spirulina, polyethylene glycol and hydroxypropyl cellulose), croscarmellose sodium, stearic acid, calcium silicate, magnesium stearate, silica, dicalcium phosphate and vanillin. Contains soy.

*Daily Value (DV) not established.