

Supplement Reviewed  
Serving Size: 2 Tablets  
Servings Per Container: 30

□ Neurological & Cognitive Support

Nutrient	Amount per Serving	% Daily Value	Functional Medicine Benefit	Primary Body System	Notes / Red Flags
Vitamin B1 (Thiamin)	25 mg	2,083%	Nerve function, energy production	Neurological, Energy	High dose; supports stress & adrenal function
Vitamin B6 (Pyridoxine HCl)	25 mg	1,471%	Neurotransmitter synthesis, homocysteine metabolism	Neurological, Cardio	Inactive form; P-5-P preferred
Vitamin B12 (Methylcobalamin)	200 mcg	8,333%	Methylation, mood, myelin synthesis	Neurological, Detox	Excellent methylated form
Folate (L-5-MTHF)	1,360 mcg DFE	340%	DNA repair, mood, detoxification	Neurological, Detox	Excellent bioavailable form
Choline (Bitartrate)	25 mg	-	Acetylcholine precursor, brain health	Neurological, Liver	Low dose; bitartrate less effective than Alpha-GPC
Niacin (Niacinamide/Niacin)	50 mg	313%	Cognitive & adrenal support	Neurological, Detox	Likely flush-free; supportive dose
Biotin	500 mcg	1,667%	Nerve function, glucose metabolism	Neurological, Metabolic	High dose, generally safe

♥ Cardiovascular & Metabolic Health

Nutrient	Amount per Serving	% Daily Value	Functional Medicine Benefit	Primary Body System	Notes / Red Flags
Vitamin B5 (Pantothenic acid)	75 mg	1,500%	Adrenal & mitochondrial support	Adrenal, Metabolic	High dose for stress resilience

Vitamin B2 (Riboflavin)	25 mg	1,923%	Energy metabolism, antioxidant recycling	Metabolic, Detox	High dose, supports ATP production
Chromium (Picolinate)	200 mcg	571%	Glucose metabolism, insulin sensitivity	Metabolic, Endocrine	Well-absorbed form
Molybdenum	50 mcg	111%	Sulfite detoxification	Detox	Supportive for sensitivity to sulfites
Inositol	25 mg	-	Insulin signaling, mood regulation	Metabolic, Neuro	Mild supportive dose

## □ Bone, Muscle & Structural Support

Nutrient	Amount per Serving	% Daily Value	Functional Medicine Benefit	Primary Body System	Notes / Red Flags
Vitamin D3 (Cholecalciferol)	25 mcg (1,000 IU)	125%	Bone, immune, mood support	Skeletal, Immune	Solid maintenance dose
Vitamin K1 (Phytonadione)	120 mcg	100%	Calcium regulation, bone health	Skeletal, Cardiovascular	K2 preferred for vascular support
Magnesium (Citrate)	40 mg	10%	Muscle relaxation, energy production	Muscular, Neurological	Citrate form good, but dose is quite low

## 🛡 Immune System Support

Nutrient	Amount per Serving	% Daily Value	Functional Medicine Benefit	Primary Body System	Notes / Red Flags
Vitamin A (Carotenoids + Retinyl)	300 mcg	33%	Vision, mucosal and skin immunity	Immune, Integumentary	Balanced form blend
Vitamin C (Buffered)	120 mg	133%	Antioxidant, immune, collagen production	Immune, Skin	Good buffered form
Vitamin E (d-alpha tocopheryl)	67 mg	447%	Antioxidant, membrane protection	Immune, Cardio	Natural form, high potency

Selenium (Selenomethionine)	100 mcg	182%	Thyroid, immune modulation	Immune, Thyroid	Excellent form
Zinc (Citrate)	15 mg	136%	Antiviral, testosterone, healing	Immune, Reproductive	Well-balanced with copper
Copper (Citrate)	1 mg	111%	Iron metabolism, immune function	Immune, Blood	Balanced with zinc
Manganese (Citrate)	0.5 mg	22%	Antioxidant enzyme cofactor	Skeletal, Antioxidant	Safe conservative dose
Iodine (Potassium iodide)	150 mcg	100%	Thyroid hormone synthesis	Endocrine	Meets daily requirement

## Antioxidant & Phytonutrient Support

Nutrient/Blend	Amount per Serving	% Daily Value	Functional Medicine Benefit	Primary Body System	Notes / Red Flags
Phytonutrient Blend (proprietary)	400 mg	-	Broad-spectrum antioxidant, anti-inflammatory	Immune, Detox, Cardio	Includes green tea, berries, turmeric, rosemary, more
Resveratrol (Polygonum extract)	10 mg	-	Cardiovascular, inflammation modulation	Cardiovascular, Aging	Moderate dose for daily support
Lutein	6 mg	-	Eye health, macular protection	Eye	Complements zeaxanthin
Lycopene	3 mg	-	Skin, prostate, heart protection	Reproductive, Cardio	Synergistic carotenoid
Zeaxanthin	2 mg	-	Vision and blue light protection	Eye	Works well alongside lutein

## Summary

### Strengths:

- Methylated forms of B12 and Folate
- Comprehensive antioxidant + phytonutrient blend
- High-potency B-complex for energy and stress
- Well-absorbed minerals (citrates, chelates)
- Balanced selenium, zinc, and copper ratios

