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## ☐ Neurological & Cognitive Support

Nutrient	Amount per Serving	% Daily Value	Functional Medicine Benefit	Primary Body System	Notes / Red Flags
Thiamin (Vitamin B1)	25 mg	2083%	Nerve signaling, energy from carbs	Neurological, Metabolic	High potency; beneficial for stress & cognitive focus
Riboflavin (Vitamin B2)	25 mg	1923%	Energy, antioxidant recycling	Metabolic, Neurological	Supports ATP production
Niacin (B3, niacinamide/inositol)	50 mg	313%	Cognitive and adrenal function	Neurological, Endocrine	Likely flush-free; balanced form
Vitamin B6 (Pyridoxine HCl)	25 mg	1471%	Neurotransmitters, hormone balance	Nervous, Cardiovascular	Inactive form; prefer P-5-P
Folate (L-5-MTHF)	1360 mcg DFE	340%	DNA repair, mood, methylation	Neurological, Detox	Excellent activated form
Vitamin B12 (Methylcobalamin)	200 mcg	8333%	Myelin, cognition, detoxification	Neurological, Detox	Excellent methylated form
Biotin	500 mcg	1667%	Nerve function, glucose metabolism	Nervous, Metabolic	High but safe
Choline (Bitartrate)	25 mg	5%	Acetylcholine precursor, memory support	Neurological, Hepatic	Low dose, bitartrate less bioavailable than Alpha-GPC

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## ♥ Cardiovascular & Metabolic Health

Nutrient	Amount per Serving	% Daily Value	Functional Medicine Benefit	Primary Body System	Notes / Red Flags
Pantothenic Acid (B5)	75 mg	1500%	Adrenal health, cortisol synthesis	Adrenal, Metabolic	Stress resilience support
Chromium (Picolinate)	200 mcg	571%	Blood sugar control, insulin signaling	Endocrine, Metabolic	Well-absorbed form
Inositol	25 mg	–	Insulin sensitivity, mood regulation	Metabolic, Nervous	Gentle supportive dose

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## ☐ Bone & Structural Support

Nutrient	Amount per Serving	% Daily Value	Functional Medicine Benefit	Primary Body System	Notes / Red Flags
Vitamin D3	25 mcg (1,000 IU)	125%	Bone health, immunity, mood	Skeletal, Immune	Maintenance dose
Vitamin K1	120 mcg	100%	Calcium balance, vascular health	Skeletal, Cardiovascular	Prefer K2 for arterial support
Magnesium (Citrate)	40 mg	10%	Muscle relaxation, energy production	Muscular, Neurological	Low dose

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## 🛡 Immune & Hormonal Support

Nutrient	Amount per Serving	% Daily Value	Functional Medicine Benefit	Primary Body System	Notes / Red Flags
Vitamin A (Retinyl + Carotenoids)	3,000 mcg	333%	Vision, mucosal defense, skin	Immune, Integumentary	Good balance
Vitamin C (Buffered)	120 mg	133%	Antioxidant, immune boost, collagen support	Immune, Skin	Buffered for gentler absorption
Vitamin E (d-alpha)	67 mg	447%	Membrane protection, antioxidant	Immune, Cardiovascular	Natural form, high potency
Selenium (Selenomethionine)	100 mcg	182%	Thyroid function, immune regulation	Thyroid, Immune	Excellent form
Zinc (Citrate)	15 mg	136%	Wound healing, immunity, testosterone	Immune, Reproductive	Well balanced with copper
Copper (Citrate)	1 mg	111%	Iron metabolism, immune support	Blood, Immune	Balances zinc
Manganese (Citrate)	0.5 mg	22%	Antioxidant enzyme support	Skeletal, Antioxidant	Safe dose
Iodine (Potassium iodide)	150 mcg	100%	Thyroid hormone synthesis	Endocrine	Adequate dose
Iron (Bisglycinate)	18 mg	100%	Oxygen transport, menstruation support	Blood, Energy	Gentle chelated form (well-tolerated)

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## Antioxidants & Phytonutrients

Ingredient	Amount per Serving	% Daily Value	Functional Medicine Benefit	Primary Body System	Notes / Red Flags
Proprietary Phytonutrient Blend	400 mg	—	Antioxidant, anti-inflammatory, cellular defense	Immune, Detox, Cardiovascular	Includes green tea, turmeric, berries, rosemary
Resveratrol (Polygonum Extract)	10 mg	—	Heart health, inflammation modulation	Cardiovascular, Aging	Moderate support
Lycopene	6 mg	—	Prostate, heart, and skin health	Reproductive, Cardio	Synergistic with other carotenoids
Lutein	6 mg	—	Vision protection, macular health	Eye	Complementary with zeaxanthin
Zeaxanthin	2 mg	—	Blue light protection, eye health	Eye	Pairs well with lutein

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## Summary

### Strengths:

- Excellent methylated forms (B12 and folate)
- Added iron in gentle, chelated form (ideal for menstruating women)
- Strong antioxidant/phytonutrient complex
- High-potency B-complex for energy and adrenal support
- Balanced minerals: zinc, copper, selenium