

Notice: Color, size or shape may appear different between lots.

CAC090-PL-4



STORE AT ROOM TEMPERATURE.

KEEP OUT OF REACH OF CHILDREN.

my **7**™
simple

daily actions to thrive in a strong, healthy, and peaceful body

- energy
- elements
- esteem
- eating
- equilibrium
- eliminate
- engagement



simple
ELEMENTS

ADRENALS &
PERIPHERY

Dietary Supplement
90 Vegetarian Capsules

Recommended Use: As a dietary supplement, take three capsules per day, or as directed by your health care practitioner.

Supplement Facts

Serving Size 3 capsules

Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	100 mg 167%	Lemon Balm (<i>Melissa officinalis</i>)(leaves) [standardized to contain 3% rosmarinic acid]	100 mg *
Thiamin (Vitamin B-1) (as Thiamin HCl)	50 mg 3333%	Passion Flower (<i>Passiflora incarnata</i>)(flower) [standardized to contain 3.5% flavonoids]	100 mg *
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	10 mg 588%	Valerian (<i>Valeriana officinalis</i>)(root) [standardized to contain 0.8% valerenic acid]	100 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg 250%	Ashwagandha (<i>Withania somnifera</i>)(root) [standardized to contain 1.5% withanolides]	100 mg *
Vitamin B-12 (as Methylcobalamin)	2000 mcg 33333%	Phosphatidylserine (from sunflower lecithin)	50 mg *
Pantothenic Acid (d-Calcium Pantothenate)	50 mg 500%		
Magnesium (as Di-Magnesium Malate)	75 mg 19%		
Taurine	300 mg *		
L-Theanine	200 mg *		

* Daily Value not established.

Other Ingredients: Cellulose (capsule), vegetable stearate, microcrystalline cellulose.

Distributed By: **Simple Wellness**
4811 Bob Billings Parkway
Lawrence, KS 66049
Report any adverse reactions to
785-856-3030

