

## What's In It?

Serving Size: 6 Tablets

Servings Per Container: 40

## Amount Per Serving:

Vitamin C (Ascorbic Acid): 280mg 460%

Niacin (Niacinamide): 4mg 20%

Vitamin B6 (Pyridoxine HCl): 4mg 200%

Folic Acid: 1mg 250%

Vitamin B12 (Cyanocobalamin): 1mg 1666%

Calcium: 480mg 48%

Magnesium: 200mg 50%

Zinc: 14mg 93%

Riboflavin 4mg 235%

Gaspari Proprietary Cytologic Polyisomeric Growth Matrix: 3240mg

Creatine gluconate, creatine phosphate, dicreatine malate, creatine magnesium chelate.

Gaspari Pro Energizing Matrix: 3940

Glycerol Monostearate, Disodium Adenosine Triphosphate, Calcium Carbonate, folic acid/folate, cyanocobalamin.

Gaspari Neurstimulatory Nootrophic Enhancing Formula: 822mg

Citric acid, vitamin c, allothiamine (extracted from garlic), zinc gluconate, riboflavin, niacin.

## Other Ingredients:

Dicalcium phosphate, sodium chloride, sorbitol, povidine, croscarmellose sodium, stearic acid, magnesium stearate, silica.

Directions: Take 6-8 tablets once per day in the morning (everyday) with 16-20 ounces of water or juice. Do not take within 1 hour of bedtime.

Warnings: Not suggested for use in those under the age of 18 years old. Do not use if pregnant or trying to become pregnant.