



## Energard®

60 TABLETS | CODE 210

712123 001

Multivitamin supplement with Ashwagandha to assist with burnout.

### Dosage and directions for use:

Take 2 tablets daily or as directed.

Each 2 tablets contain:	
Ingredients	Quantity
Foodstate®:	
Vitamin B <sub>1</sub>	2.2 mg
Vitamin B <sub>2</sub>	2.4 mg
Vitamin B <sub>3</sub>	9 mg
Vitamin B <sub>6</sub>	3 mg
Vitamin B <sub>12</sub>	0.15 µg
Folic Acid	150 µg
Pantothenic Acid	9 mg
Vitamin C	20 mg
Magnesium	8 mg
Ashwagandha	200 mg
Holy Basil	200 mg
Licorice Root	200 mg
Tyrosine	200 mg
Siberian Ginseng 1	50 mg
Glutamine	100 mg
Rhodiola Rosea	100 mg
Reishi Mushroom	50 mg