

Supplement Facts

Serving Size: 6 scoops (40 g) or 5 Tbsp.

Servings per container: about 13

Amount per Serving		Calories 145	Calories from fat 8
Total Fat	Amount /Serving 1 g	% DV 2%	Amount /Serving 21 g
Saturated Fat	0 g	0%	Dietary Fiber 1 g
Cholesterol	1 mg	0%	Sugar 8 g
Sodium	40 mg	2%	Protein 14 g

	Amount / Serving	% DV
Vitamin A (as Palmitate and Beta Carotene)	4035 IU	81%
Vitamin C (as Ascorbic Acid)	500 mg	833%
Vitamin D (as Cholecalciferol)	160 IU	40%
Vitamin E (as d-Alpha Tocopheryl Succinate)	50 IU	167%
Thiamine (as Thiamine Mononitrate)	0.3 mg	20%
Riboflavin	0.3 mg	20%
Niacin	8 mg	40%
Vitamin B6 (as Pyridoxine HCl)	5 mg	250%
Folate (as Folic Acid)	242 mcg	61%
Vitamin B12 (as Cyanocobalamin)	40 mcg	667%
Biotin	120 mcg	40%
Pantothenic Acid (as Calcium Pantothenate)	50 mg	500%
Calcium (from Calcium Citrate & Calcium Carbonate)	240 mg	24%
Iron (from Iron Citrate)	2 mg	11%
Phosphorus (as Dipotassium Phosphate & whey protein)	60 mg	6%
Iodine (from Potassium Iodine)	30 mcg	20%
Magnesium (from Magnesium Citrate & Magnesium Oxide)	100 mg	25%
Zinc (from Zinc Citrate)	6 mg	40%
Selenium (from Sodium Selenite)	20 mcg	29%
Copper (from Copper Citrate)	0.4 mg	20%
Manganese (from Manganese Citrate)	0.1 mg	5%
Chromium (from Chromium Nicotinate)	100 mcg	83%
Molybdenum (from Sodium Molybdate)	20 mcg	27%
Potassium (from Dipotassium Phosphate & whey protein)	125 mcg	4%
Inositol	50 mg	**
Choline (as Choline Bitartrate)	50 mg	**
Para Amino Benzoic Acid (PABA)	2 mg	**

	Amount /Serving	% DV
Brain Link Amino Acid Profile	9675 mg	**
<i>(Includes amino acids from proteins & amino acid blend)</i>		
L-Glutamine	3100 mg	**
L-Glycine	2105 mg	**
L-Taurine	1600 mg	**
GABA (Gamma Amino Butyric Acid)	1500 mg	**
L-Tyrosine	858 mg	**
L-Leucine	723 mg	**
Glutamic Acid	621 mg	**
Aspartic Acid		**
L-Isoleucine		**
L-Valine		**
L-Lysine		**
L-Phenylalanine		**
L-Threonine		**
Proline		**
Serine		**
L-Alanine		**
L-Arginine		**
L-Methionine		**
L-Cystine/L-Cysteine		**
Histidine		**
Tryptophan (from natural milk and egg proteins)	82 mg	**
5-HTP (5-Hydroxytryptophan)	25 mg	**

**The Amino Acids in
Brain Link Complex
Create Needed
Neurotransmitters!**

PROPRIETARY BLEND

DV = Daily Value *% DV is based on a 2,000 calorie diet. **DV not established.

Other Ingredients: Food starch, fructose, whey protein isolate, maltodextrin, egg albumen powder, lecithin powder, natural flavors (vanilla and banana), medium chain triglycerides.