

Nutritional Information

Actives	Per Dose	
	1 Capsule	%NRV*
Biotin	20µg	40%
Mind+Mood Probiotics (Cerebiome®)	4 Billion CFU (500mg)	†
L. helveticus Rosell®-52 R0052		
B. longum Rosell® -175 R0175		
B. bifidum Rosell®-71 R0071		
L. plantarum Rosell®-1012 R1012		

*NRV = Nutrient Reference Value

† = Nutrient Reference Value Not Established

Allergens: Contains **Soy, Milk**, may contain traces of Sulphites

Other Ingredients: Potato Starch, Bamboo Powder, Antioxidant: Ascorbic Acid, Capsule Shell: Hydroxypropyl Methylcellulose

GMO-free | Gluten-free | Vegetarian | Shelf-stable

Directions: Take 1 capsule per day.

Do not exceed the recommended dose, unless advised by your healthcare professional. Do not use if immunocompromised or allergic to any of the ingredients.