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30

**Total Supplement
Ingredients**


17

**Total Probiotic +
Prebiotic Ingredients**

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CHARLES WARDEN

Magnesium

339 mg



Rhodiola Root Extract

174 mg



B. breve Bb-03

500 M CFU



Psyllium Husk Fiber

2000 mg



B. animalis ssp lactis Bi-07

1.5 B CFU





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Schisandra Berry

279 mg



L. acidophilus DDS-1

2.5 B CFU



Vitamin B5 (Pantothenic Acid)

64 mg



Acacia Fiber

3000 mg



Inositol

257 mg





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L. rhamnosus LB3

500 M CFU



L. plantarum 299v

2.5 B CFU



Pygeum Bark Extract

99 mg



Saw Palmetto Berry Extract

88 mg



Tribulus Terrestris Extract

356 mg





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B. longum ssp infantis Bi-26

500 M CFU



L. acidophilus NCFM

1.5 B CFU



LH01-Myoviridae

4 mg



LL12-Myoviridae

3 mg



LL5-Siphoviridae

4 mg





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Bacillus coagulans MTCC 5856

1.5 B CFU



L. paracasei Lpc-37

500 M CFU



Boswellia Serrata Gum Extract

55 mg



Fisetin

26 mg



Lutein

13 mg





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Mastic Gum Extract

257 mg



Beet Root Juice

277 mg



L. fermentum LF61

500 M CFU



N-Acetyl-L-Cysteine (NAC)

509 mg



Zeaxanthin

2 mg





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CHARLES WARDEN

Benfotiamine

142 mg



Citicoline

174 mg



Forskohlii Root Extract

74 mg



L-Arginine

432 mg



L-Citrulline

370 mg





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L-Tyrosine

177 mg



Phosphatidylserine

53 mg



Turkey Tail Fruit Body Extract

124 mg

