

Nutrient	Amount Per cap	Amount Per 2 caps
Iodine	75µg	150µg
Gotu Kola Extract	225mg	450mg
Matcha Green Tea Powder	172.575mg	345.15mg
Seagreens® Ascophyllum nodosum (Providing: ~ 770mg/kg Iodine)	97.425mg	194.85
Korean Ginseng Extract (Providing Minimum 4% Ginsenosides)	75mg	150mg
Avena Sativa (Oat Straw) Extract	75mg	150mg
Ashwagandha Root Extract (Providing Min 5% Withanolides)	60mg	120mg
Bacopa Monniera (Providing 50% Bacosides)	45mg	90mg