

**SUGGESTED USE:** Take 2 capsules each day.

Qualia Resilience is designed to be taken 5 days on and 2 days off each week. It does not matter if the "off-cycle" days are consecutive or apart, so long as they happen each week.

**Warning:** This product is intended for healthy adults. Please consult with your physician if you are taking medication or have any medical conditions. Do not use if you are pregnant or nursing. If adverse reactions occur, discontinue use and consult with your physician. Keep out of reach of children.

For California Residents

**Warning: Reproductive Harm**  
[www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

\* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured in a cGMP compliant facility



# QUALIA

## RESILIENCE

### NEURO ADAPTOGEN FORMULA

### THRIVE UNDER STRESS<sup>®</sup>

DIETARY SUPPLEMENT  
30 CAPSULES

## Supplement Facts

Serving Size: 2 Vegetarian Capsules  
Servings Per Container: 15 (21 Day Supply)

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin C (ascorbic acid)	90 mg 100%	L-Theanine	200 mg **
Thiamin (as thiamine hydrochloride)	25 mg 2083%	Holy Basil ( <i>Ocimum sanctum</i> ) Leaf Extract	150 mg **
Riboflavin	2 mg 154%	L-Ornithine (as L-ornithine hydrochloride)	125 mg **
Niacin (as niacinamide)	16 mg NE 100%	Eleuthero ( <i>Eleutherococcus senticosus</i> ) Root Extract	100 mg **
Vitamin B6 (as pyridoxal-5-phosphate)	2 mg 118%	Citrus Bioflavonoids (from <i>Citrus sinensis</i> Fruit Extract)	50 mg **
Folate (as L-5'-methyltetrahydrofolate calcium salt)	326 mcg DFE 82%	Ginger ( <i>Zingiber officinale</i> ) Root Extract	50 mg **
Vitamin B12 (as methylcobalamin)	10 mcg 417%	Extramel <sup>®</sup> Melon ( <i>Cucumis melo</i> L.) Juice Concentrate [providing 140 IU of superoxide dismutase (SOD)]	10 mg **
Pantothenic Acid (as calcium pantothenate)	25 mg 500%	** Daily Value (DV) not established	
Magnesium (from Aquamin <sup>®</sup> Mg (magnesium hydroxide from seawater))	40 mg 10%		
NooGandha <sup>®</sup> Liposomal Ashwagandha ( <i>Withania somnifera</i> ) Root and Leaf Extract	225 mg **		

**Other Ingredients:** Hypromellose, Rice Extract, Rice Hulls, Gum Arabic, Sunflower Oil, Silicon Dioxide, Calcium Carbonate

L179

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[NOO] GANDHA



**STORAGE:** Keep tightly closed in a cool, dry place.

Formulated & Distributed by:  
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