

MOOD SUPPORT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		% Daily Value
Thiamin (as thiamine HCl)	2 mg	167%
Riboflavin	2 mg	154%
Niacin (as niacinamide)	10 mg	63%
Vitamin B-6 (as pyridoxine HCl)	10 mg	588%
Folate (50 mcg folic acid)	85 mcg DFE	21%
Vitamin B-12 (as cyanocobalamin)	100 mcg	4167%
Calcium (as calcium carbonate)	50 mg	4%
Magnesium (as magnesium oxide)	50 mg	12%
Ashwagandha Root (7% extract)	30 mg	*
GABA (gamma-Aminobutyric Acid)	100 mg	*
Chamomile Flower (4:1 extract)	100 mg	*
5-HTP (5-Hydroxytryptophan) (<i>Griffonia simplicifolia</i> seed)	50 mg	*
St. John's Wort 0.3% Extract (aerial parts)	25 mg	*
* Daily Value not established.		

Other ingredients: Microcrystalline cellulose, vegetable cellulose (with chlorophyll), vegetable magnesium stearate, silicon dioxide, and natural vanilla flavor (added for aroma).

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL DRY PLACE.

SUGGESTED USE: 1 capsule taken 1 to 2 times daily preferably with meals or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dosage. Avoid driving or operating heavy machinery while taking this product. Not recommended for pregnant or nursing mothers or children under 18 years of age. St. John's Wort may contribute to photosensitivity resulting in skin irritation and redness in persons exposed to strong sunlight or tanning booths. Not for use by individuals with a known medical condition including liver disease, bipolar (manic) depression or anyone taking prescription medications including anti-depressants or MAO inhibitors. If you have questions about the advisability of taking this product, consult your physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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