

SUGGESTED USE: 2 or more tablets daily, preferably with meals, or as recommended by a health care professional. This product is best when used as part of a program including the ALTRUM products: Ultra Multis, Ultra Daily Enzymes and Nutritional Oils.

WARNING: May potentiate pharmaceutical MAO inhibitors and photo allergic reactions. Keep this product out of reach of children. If you are pregnant, nursing or taking MAO inhibitors, seek the advice of your health care professional before using this product.

Store in a cool, dry place with lid tight.

Product Code
DUF-01



Upliftment Formula
Mood Enhancement Support
Dietary Supplement
60 Tablets

Supplement Facts

Serving Size: 2 Tablets

Amount per serving		% DV*
Calcium (dicalcium phosphate)	100 mg	10
Magnesium (magnesium oxide)	100 mg	25
Phosphorus (dicalcium phosphate)	80 mg	8
Zinc (zinc citrate)	10 mg	67
St. John's Wort Herb (** 0.3% hypericin)	300 mg	***
Choline (from choline bitartrate)	25 mg	***
Inositol	25 mg	***

* Daily Value (DV) for adults and children over 4 years of age.

** Standardized Plant Extract

*** Daily Value (DV) not established

Other ingredients: whey, vegetable stearine, vegetable cellulose, cellulose gum, calcium stearate, silica.

Distributed by ALTRUM Nutrition Div. of AMSOIL INC.
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