

Directions: As a dietary supplement, adults take two (2) capsules with meals, or as directed by a health care professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

Contains No Sugar Salt, Preservatives, Artificial Colors or Flavors.

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

Manufactured for: beMore  
2200 N. George Mason Rd.  
PO Box 7685  
Arlington, VA 22207

MANUFACTURED  
IN A cGMP FACILITY



Manufactured  
in the U.S.A.

b<sup>e</sup>  
BEMORE



BE MINDFUL™

RELAX - FOCUS - PERCEIVE

- ✓ CALM THE MIND†
- ✓ HEIGHTEN AWARENESS†
- ✓ ENHANCE BRAIN FUNCTION†

60 373mg  
CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

|                                              | Amount Per Serving | %DV  |
|----------------------------------------------|--------------------|------|
| Thiamin (as Thiamine HCl)                    | 1.5 mg             | 125% |
| Riboflavin                                   | 1.7 mg             | 131% |
| Niacin (as Niacinamide)                      | 20 mg              | 125% |
| Vitamin B6 (as Pyridoxine HCl)               | 2 mg               | 118% |
| Folate (as Folic Acid)                       | 400 mcg            | 100% |
| Vitamin B12 (as Cyanocobalamin)              | 6 mcg              | 250% |
| Pantothenic Acid (as D-Calcium Pantothenate) | 10 mg              | 200% |
| Magnesium (as Magnesium Oxide)               | 50 mg              | 12%  |
| Potassium (as Potassium Citrate)             | 30 mg              | 1%   |

Proprietary Herbal Blend 630 mg  
Skullcap Powder, St. John's Wort 0.3% Extract, Valerian Root 4:1  
Extract, Hops 4:1 Extract, Blue Cohosh Herb Powder, Peppermint  
Herb Powder

\* Daily Value not established.

Other Ingredients: Vegetable Cellulose Capsule,  
Microcrystalline Cellulose, Magnesium Stearate, and Silica