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Suggested Usage: As a dietary supplement, adults take 2 capsules, 1-2 times daily or as directed by your health professional.

Warning: Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.



Longvida® extract is patented under US 9192644 & EP 1993365 (other patents pending) and Longvida® is a registered trademark of Verdure Sciences Inc.

Zychrome® brand chromium dinicocysteinate
Trademark of InterHealth N.I.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



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manufacturing excellence

Gluten-free, Non-GMO

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill bottle in order to accommodate required labeling. Please rely on stated quantity.

Formula #202138 V2

Mood Systems Balance™

Dietary Supplement

Support for emotional well-being†



60 Vegetarian Capsules

Supplement Facts

Serving Size 2 Vegetarian Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Chromium.....	400 mcg	1,143%
(as chromium dinicocysteinate)		
Rhodiola rosea Root Extract.....	340 mg	*
(standardized to 3% rosavins)		
Berberine HCl.....	250 mg	*
Longvida® Optimized Curcumin Extract.....	200 mg	*
(Curcuma longa, rhizome)		
Saffron Extract.....	15 mg	*
(Crocus sativus L, stigmas, standardized to 2% safranal)		

*Daily Value (DV) not established

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, sunflower lecithin, stearic acid, ascorbyl palmitate and silica

Manufactured by: Douglas Laboratories
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