

LifeSeasons®

NATURE WORKS. SCIENCE PROVES IT.™

Life is full of ups and downs, but sometimes the blues stick around longer than they should. Mood Stabili-T™ is formulated with all-natural ingredients that support emotional well-being, promote a feeling of calmness, nourish the nervous system, and encourage healthy blood flow.*



More about
our product!



LifeSeasons Mind & Sleep

Synergistic formulas tested
for purity and potency*

Springville, Utah
www.lifeseasons.com
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Mood Stabili-T™ helps build a
more positive outlook.*

- **Saffron** - used in traditional medicine to support well-being*
- **Rhodiola** - supports the body's ability to resist stress and combat fatigue*
- **L-Theanine** - nourishes the nervous system and supports the production of mood-boosting neurotransmitters*
- **Vitamin D3** - supports brain and emotional health*
- **5-HTP** - a natural precursor to the hormone serotonin that promotes relaxation*

CAUTION: As with any dietary supplement, do not take without first consulting your healthcare practitioner, especially if you are pregnant, nursing, or are under medical supervision for any reason. Keep out of reach of children.

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*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.



LifeSeasons®

Mood Stabili-T™ Emotional Support*

Saffron
Rhodiola
L-Theanine
Vitamin D3
5-HTP

Dietary Supplement
60 Vegetarian Capsules

Suggested Use: Take 2 capsules
daily with food.

Supplement Facts

Serving Size: 2 capsules daily
Servings per container: 30

	Amount per serving	% Daily Value**
Vitamin D3 (as cholecalciferol, 800 IU)	20 mcg	200%
Vitamin B3 (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxyl-5-phosphate)	20 mg	1000%
Folic Acid (as calcium folinate)	400 mcg	100%
Zinc (as zinc citrate)	25 mg	166%
Vitamin B12 (as methylcobalamin)	500 mcg	8333%
L-Theanine	150 mg	†
Ginkgo leaf extract (<i>Ginkgo biloba</i>) (24% [28 mg] flavone glycosides, 6% [7 mg] terpene lactones)	120 mg	†
Rhodiola root extract (<i>Rhodiola rosea</i>) (3% [3 mg] rosavin, 1% [1 mg] salidroside)	100 mg	†
L-Tyrosine	50 mg	†
Lemon Balm leaf (<i>Melissa officinalis</i>)	50 mg	†
Passion Flower (<i>Passiflora incarnata</i>)	50 mg	†
5-HTP (from <i>Griffonia simplicifolia</i> seed extract)	50 mg	†
Saffron stigmas (<i>Crocus sativus</i>)	20 mg	†

† Daily Value not established.

** Percent Daily Values are based 2,000 calorie diet

Other Ingredients: Hypromellose (vegetable cellulose),
rice bran, and silica.

MADE WITHOUT artificial colors, preservatives, yeast,
eggs, fish, shellfish, peanuts, tree nuts, wheat, soy, milk,
gluten, and magnesium stearate.

Vegetarian formula. Made in the U.S.A

