

Nested Naturals Herbal Lift is formulated with gentle herbs to help you take care of yourself during stressful times.*

- ✓ Rhodiola is an adaptogen that may help enhance alertness, reduce fatigue, and improve memory and low mood.*
- ✓ Oatstraw may help soothe and strengthen the nervous system, particularly in times of stress.*
- ✓ The nitrate found in Beetroot has been shown to support healthy blood flow, and potentially increase energy levels.*
- ✓ Zinc plays a role in maintaining a healthy immune system.*

Suggested Use: Take 1 vegan capsule daily with water.

Warning: Use only as directed. Consult your physician before use if you are pregnant or nursing, have a serious medical condition, or use prescription medications. For adult use only.

*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.



HERBAL LIFT

Nourish Your Mind, Body, and Soul During
Times of Stress-Induced Fatigue*



Dietary Supplement 30 Vegan Capsules

Supplement Facts

Serving Size: 1 Vegan Capsule
Servings Per Container: 30

Amount per serving	% Daily Value
Rhodiola Extract (3% Rosavins, 1% Salidroside) (<i>Rhodiola rosea</i> L, Root) 200mg	†
Oatstraw 10:1 Extract (<i>Avena sativa</i> , Straw) 250mg	†
Organic Beetroot Powder (<i>Beta vulgaris</i> , Root) 200mg	†
Zinc (as Amino Acid Chelate 30%) 10mg	†

† Daily Value not established

OTHER INGREDIENTS: VEGETABLE CELLULOSE (CAPSULE)

DISTRIBUTED BY: NESTED NATURALS INC.
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Store in a cool, dry place. Avoid excessive heat.
Do not use if safety seal is broken.

Allergies? We have you covered.

Does not contain wheat, gluten, GMO, soy, dairy, egg, corn, fish, shellfish, peanuts, tree nuts, yeast, barley, or added sugar.

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