

SUGGESTED USE: 1 capsule taken 1 to 2 times daily preferably with meals or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. This product is not intended for pregnant or nursing mothers or children under 18. St. John's Wort may contribute to photosensitivity resulting in skin irritation and redness in persons exposed to strong sunlight or tanning booths. Avoid use in patients at risk of bleeding, taking anticoagulants, or with clotting disorders, based on case reports of bleeding. Discontinue use 2-3 weeks prior to some surgical and dental procedures due to increased risk of bleeding. Avoid use in couples who are trying to conceive, based on theoretical reduction of fertility. If you have a history of seizures, are taking MAO inhibiting drugs, or if you have a known medical condition, consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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

5078-VLI290-01-30

supplement
spot®

Healthy Brain

Supports Mental Clarity and Focus**

Dietary Supplement
30 Capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container: 30

Amount Per Serving	%Daily Value
<i>Ginkgo biloba</i> Leaf (24% extract)	50mg *
Phosphatidylserine 4% Complex (consisting of Lecithin and Phosphatidylserine)	125mg *
N-Acetyl L-Carnitine HCl	50mg *
St. John's Wort (0.3% extract) (flower heads)	250mg *
L-Glutamine	150mg *
<i>Bacopa monnieri</i> Leaf Extract (20% bacosides)	120mg *
Alpha glycerylphosphorylcholine	5mg *
Huperzine-A (from <i>Huperzia serrata</i> aerial plant)	10mcg *

*Daily Value not established.

Other ingredients: Gelatin (bovine), microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide.

ALLERGEN WARNING: CONTAINS SOY.



**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.

FORMULATED IN USA

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