

Mood Support SAP™ helps promote healthy mood balance.* **Mood Support SAP™** helps relieve sleep disturbance associated with mood imbalance.* **Mood Support SAP™** helps relieve nervousness (calmative/sedative).* **Mood Support SAP™** helps to promote sleep.*

All ingredients listed for this product lot number have been tested by a third-party laboratory for identity, potency, and purity.

Directions for use: Adults: Take 1 capsule twice daily or as directed by your healthcare practitioner.

Duration of Use: Consult a healthcare practitioner for use beyond 18 weeks. Use for a minimum of 1 week to see beneficial effects.

Contains no: Gluten, soy, wheat, corn protein, eggs, dairy, yeast, citrus, preservatives, artificial flavor or color, starch, or sugar.

Cautions and warnings: Consult a healthcare practitioner prior to use if you are pregnant or breast-feeding. Consult a healthcare practitioner if symptoms persist or worsen. Consumption with alcohol, other medications, or natural health products with sedative properties is not recommended. Consult a healthcare practitioner prior to use if you are taking anti-anxiety medications, seizure medications, antihistamines, bronchodilators, muscle relaxants, and/or opiates. **Sleep Aid:** Consult a healthcare practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia).

Contraindications: Avoid prolonged exposure to sunlight, ultraviolet light (UV), or UV therapy. Do not use if you are taking anticancer medications, blood thinners, antidepressant medications [e.g. selective serotonin reuptake inhibitors (SSRI)], anti-HIV agents, cardiovascular medications, immunosuppressants, and/or contraceptive medications.

Known adverse reactions: Hypersensitivity, such as an allergy, has been known to occur; in which case, discontinue use. Some people may experience drowsiness, mild gastrointestinal disturbances, nausea, restlessness and/or headaches. Exercise caution if operating heavy machinery, driving a motor vehicle, or involved in activities requiring mental alertness within 2 hours of consumption.

This product is non-GMO and vegan friendly. Do not use if seal is broken. Keep out of reach of children. Color, size and smell may vary from one lot to another.

* 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.



Mood Support SAP

Helps to promote
relaxation*

DIETARY SUPPLEMENT

nfh.ca

90 CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings: 90

	Amount Per Serving	% Daily Value
St. John's wort (<i>Hypericum perforatum</i>) herb top, 8:1 hydroalcoholic extract, 0.1% hypericin	120 mg	**
Passionflower extract (<i>Passiflora incarnata</i>) herb top, 4.0% flavonoids	56 mg	**
Valerian (<i>Valeriana officinalis</i>) root extract, 0.8% valerenic acid	64 mg	**
Valerian (<i>Valeriana officinalis</i>) root	220 mg	**

** Daily Value not established.

Other ingredients: Vegetable magnesium stearate and silicon dioxide in a capsule composed of vegetable hypromellose and purified water.

MADE IN CANADA

NFH - NUTRITIONAL FUNDAMENTALS FOR HEALTH INC.

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