

Suggested Use:

Take 2 to 3 capsules 3 times per day with water, or as directed by your qualified healthcare professional. *Do not exceed 4 capsules, 3 times per day.*

Safety Guideline:

St. John's Wort & Ginkgo may potentiate pharmaceutical MAO inhibitors. Avoid prolonged exposure to sunlight while taking products with St. John's Wort. Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, please consult with your doctor before use. Keep away from children. Use only as directed on label.



Manufactured by:
The Herb Stop
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HERB STOP[®]
Health In Your Own Hands[®]

Herbal Capsule

**Light &
Lift**

**Supports healthy
mental & emotional
well-being***

300 Veggie Capsules Dietary Supplement

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 150

	Amount Per Serving	% DV
PROPRIETARY BLEND	612 mg	**
St. John's Wort Herb (Hypericum perforatum)		
Peppermint Leaf (Mentha piperita)		
Ginkgo Leaf (Ginkgo biloba)		
Rosemary Leaf (Rosmarinus officinalis)		
Valerian Root (Valeriana officinalis)		

**Daily Value not established

Other Ingredients: Vegetable Based Capsules (Hydroxypropyl Methylcellulose, Sorbitol, Silicone Dioxide and Purified Water).

 Vegan & Cruelty-Free

Lot #10281

Made in the USA.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.