

Formulated by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural healthcare.

Uplift™ promotes emotional well-being by providing a balanced formula of select botanicals and nutrients.*

Suggested Use: One (1) capsule, up to three times per day. Also suitable for men.

Avoid if pregnant or nursing or bi-polar. Consult your physician if using prescription medications.

This product contains no: preservatives, binders, artificial colorings or flavorings, lactose, salt, wheat, gluten, soybeans, milk derivatives, eggs, peanuts, tree nuts, fish or shellfish.

Tamper resistant: please do not use if safety seal is broken or missing.

Keep in a cool, dry place out of reach of children.



Actual Size

VITANICA®



EMOTIONAL SUPPORT*

FORMULATED BY DR. TORI HUDSON

Dietary Supplement

120 Vegetarian Capsules

Supplement Facts

Serving Size 1 Capsule, 120 Servings per Container

Amount per Serving	% Daily Value
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Vitamin B6 (as pyridoxal-5-phosphate)	25 mg	1250
Folate (as L-5 Methylfolate)	300 mcg	75
Vitamin B12 (as methylcobalamin)	350 mcg	5830
St. John's wort flower extract ~ Hypericum perforatum	200 mg	†
Rhodiola rosea root extract	50 mg	†
Ginkgo biloba leaf extract ~ Ginkgo biloba	30 mg	†
Lemon balm leaf extract ~ Melissa officinalis	25 mg	†

† Daily Value not established

Other ingredients: Vegetarian capsule (cellulose, water), L-leucine.

Uplift™ is suitable for vegetarians and vegans.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.