

**DIRECTIONS:** Take one capsule twice daily, or as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication (especially those for depression, migraines, Parkinson's disease, or psychiatric disorders) should discuss potential interactions with their healthcare professional. Not for use by children. Do not use if tamper seal is damaged.

**Mood Food™** combines key B vitamins, including 5-MTHF as Quatrefolic® and Albion® di-magnesium malate, with critical amino acids to support overall central nervous system health, calmness, and a positive mood.\*

\*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.

**CAUTIONS:** Do not take if you are, or suspect you are, pregnant or if you are lactating.

**STORAGE:** Keep closed in a cool, dry place out of reach of children.

**FORMULATED TO EXCLUDE:** Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, and artificial preservatives.

 S1. Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under U.S. patent 7,947,662.

S2. Albion is a registered trademark of Albion Laboratories, Inc.



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**60 Vegetarian Dietary  
Capsules Supplement**



**EXCLUSIVE PROFESSIONAL FORMULAS**



# Mood Food™

*Nervous System Support\**

ePV:

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Vitamin B6 (as pyridoxal 5'-phosphate)	4 mg	235%
Folate (680 mcg DFE as (6S)-5-methyltetrahydrofolic acid, glucosamine salt <sup>S1</sup> and 680 mcg DFE as calcium folinate <sup>S2</sup> )	1,360 mcg DFE	340%
Vitamin B12 (as methylcobalamin)	1,000 mcg	41,667%
Magnesium (as di-magnesium malate <sup>S2</sup> )	50 mg	12%
GABA (gamma-aminobutyric acid)	250 mg	**
5-HTP (5-hydroxytryptophan)	50 mg	**

\*\* Daily Value not established.

**Other Ingredients:** Capsule (hypromellose and water), stearic acid, magnesium stearate, and silica.

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Orlando, FL 32819  
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