

DIRECTIONS: Take two capsules one to two times daily, or as directed by your healthcare professional.

Consult your healthcare professional before use, especially if you have a current medical condition or take prescription drugs. Pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

Mood Food™ ES combines the same vitamins, minerals, and amino acids as first generation Mood Food™. Modification in quantities of ingredients, plus the addition of Suntheanine®, vitamin C, and selenium, further enhance synthesis of chemical messengers that support calmness, a healthy mood, and a healthy nervous system.*

*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.

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.



Quatrefolic - S1. Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

S2. Albion and TRAACS are registered trademarks of Albion Laboratories, Inc. Chelates covered by U.S. patent 7,838,042 and patents pending.

Suntheanine® S3. Suntheanine®, a patented form of L-Theanine, is a trademark of Taiyo International, Inc.



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Mood Food™ ES

*Supports Calmness and Relaxation **

ePV:

120 Vegetarian Capsules | Dietary Supplement



EXCLUSIVE PROFESSIONAL FORMULAS

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Vitamin C (ascorbic acid)	20 mg	22%
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	294%
Folate (255 mcg DFE as (6S)-5-methyltetrahydrofolic acid, glucosamine salt ⁽¹⁾ and 255 mcg DFE as calcium folinate)	510 mcg DFE	128%
Vitamin B12 (as methylcobalamin)	30 mcg	1,250%
Magnesium (as magnesium lysinate glycinate chelate ⁽²⁾)	70 mg	17%
Zinc (as zinc bisglycinate chelate ⁽²⁾)	3 mg	27%
Selenium (as selenium glycinate complex ⁽³⁾)	50 mcg	91%
Taurine	300 mg	**
5-HTP (5-hydroxytryptophan)	100 mg	**
L-Theanine ⁽³⁾	100 mg	**
GABA (gamma-aminobutyric acid)	100 mg	**
** Daily Value not established.		

Other Ingredients: Capsule (hypromellose and water), microcrystalline cellulose, stearic acid, magnesium stearate, silica, and medium-chain triglyceride oil.

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