

**LOVE ME**<sup>TM</sup>  
NUTRITION

Stop Freaking  
Out<sup>TM</sup>

Multi Benefit Blend

Calm. Focus. Zen  
Our positive mood support\*

Ashwagandha, B complex

Dietary Supplement • 60 Veggie Capsules

**SUGGESTED USE:** Take two (2) veggie capsules once a day. For best results take 20-30 min before a meal with an 8oz. glass of water or as directed by your healthcare professional.

**CAUTION:** Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

**KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

\* 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.

✓ NON-GMO

✓ GLUTEN FREE

✓ GMP CERTIFIED

✓ MADE IN THE USA FROM  
GLOBALLY SOURCED  
INGREDIENTS



Lot # and Expiration Date Printed  
on Bottom of Bottle

V6R0  
21544-801

## Supplement Facts

Serving Size: 2 Veggie Capsules  
Servings Per Container: 30

|                                    | Amount Per Serving | %DV    |
|------------------------------------|--------------------|--------|
| Calcium (as Calcium Carbonate)     | 25 mg              | 2%     |
| Thiamine (Vitamin B1)              | 12 mg              | 1,000% |
| Riboflavin (Vitamin B2)            | 12 mg              | 923%   |
| Niacin (Vitamin B3)                | 28 mg NE           | 175%   |
| Vitamin B6 (as Pyridoxine HCl)     | 8 mg               | 471%   |
| Biotin                             | 300mcg             | 1,000% |
| Pantothenic Acid                   | 16 mg              | 320%   |
| Magnesium (as Magnesium Oxide)     | 25 mg              | 6%     |
| Zinc (as Zinc Oxide)               | 25 mg              | 227%   |
| Potassium (as Potassium Gluconate) | 4 mg               | >1%    |

**Proprietary Blend** 831 mg \*\*  
Rhodiola Extract (*Rhodiola crenulata*)(root), Lutein, Ashwagandha (*Withania somnifera*)(root), Chamomile (*Matricaria chamomilla*)(flower), GABA, Lemon Balm (*Melissa officinalis*)(aerial), Skullcap (*Scutellaria baicalensis*)(root), Hawthorn (*Crataegus pinnatifida* Bunge)(fruit), Bacopa (*Bacopa monnieri*)(whole herb), Magnolia (*Magnolia officinalis*)(bark), Passion Flower (*Passiflora incarnata*)(flower), Valerian (*Valeriana officinalis*)(root), L-Theanine, Oat Straw (*Avena sativa*)(straw), Mucuna Pruriens (seed), St John's Wort (*Hypericum perforatum*)(aerial), Hops (*Humulus lupulus*)(flower), 5-HTP (*Griffonia simplicifolia*)(seed)

\*\* Daily Value (DV) not established

**OTHER INGREDIENTS:** Cellulose (Vegetable Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.