

**Suggested Usage:** Take 2 capsules daily with food.

NOW® Mood Support is a nutritional supplement that has both nutrients and herbal extracts that aid in the support of a healthy nervous system and a positive, balanced mood state.\*

\*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.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Caution:** For adults only. Do not exceed recommended dose, unless directed by a health care professional. Larger amounts may contribute to photosensitizing reactions (skin reddening) in the presence of strong sunlight or tanning beds. St. John's Wort is known to interact with antidepressants, oral contraceptives, immunosuppressants, anticoagulants, anti-seizure, chemotherapeutic agents, and other prescription and over-the-counter medications. Do not use this product while taking any medication or if you have a medical condition without the advice of your physician. Not for use by pregnant or lactating women. May cause drowsiness. Do not use this product with alcoholic beverages or while operating heavy machinery. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Made and quality tested in the USA with globally sourced ingredients.

CAPSULE SIZE

CODE 3351D V10



# Mood Support

## with St. John's Wort

### Nervous System Support\*

- Vitamins, Minerals, and Herbal Extracts for a Balanced Mood\*
- Helps to Maintain a Positive Attitude\*

## 90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Botanicals/Herbs

Family owned since 1968.

## Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 45

	Amount Per Serving	% Daily Value
Thiamin (from Thiamin HCl) (Vitamin B-1)	2 mg	167%
Niacin (as Niacinamide) (Vitamin B-3)	25 mg	156%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	588%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as Cyanocobalamin)	200 mcg	8333%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	1000%
Magnesium (from Magnesium Oxide)	50 mg	12%
Zinc (from Zinc L-Methionine)	5 mg	45%
Manganese (from Manganese Amino Acid Chelate)	2 mg	87%
St. John's Wort Extract ( <i>Hypericum perforatum</i> ) (Herb) (min. 0.3% Hypericin)	450 mg	†
Holy Basil Extract (Tulsi Extract) (Leaves) ( <i>Ocimum tenuiflorum</i> ) (min. 2% Ursolic Acid)	100 mg	†
Valerian ( <i>Valeriana officinalis</i> ) (Root)	50 mg	†
5-HTP (5-hydroxytryptophan) ( <i>Griffonia simplicifolia</i> ) (Seed)	20 mg	†
GABA (Gamma Aminobutyric Acid) (Free Form)	250 mg	†
Taurine (Free Form)	125 mg	†
L-Theanine	50 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silicon Dioxide.

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