


**SUGGESTED USE:** As a dietary supplement, take two (2) capsules twice daily. For best results, take capsules in the morning and the afternoon with 8oz. of water.

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

Distributed by:  
Herbs SRA  
Houston, TX. 77083-4865

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\*\* These statements have not been evaluated by the FDA (Food and Drug Administration). This product is not intended to diagnose, treat, cure, mitigate or prevent any disease or health condition.



# Mental Support

Dietary Supplement

**Supports Mental Acuity\*\***

**Maintain Positive Mood\*\***

**Promotes Relaxation\*\***

**120 Vegetarian Capsules**

## Supplement Facts

Serving Size: 2 capsules (400mg)

Serving per container: 60

	Amount Per Serving	% DV
Magnesium <i>(from Magnesium L-Threonate)</i>	120mg	†
L-Tryptophan <i>(Free-Form)</i>	120mg	†
Alpha GPC <i>(L-alpha-glycerylphosphorylcholine)</i>	60mg	†
L-Tyrosine <i>(Free-Form)</i>	60mg	†
5-HTP <i>(Griffonia Seed Extract)</i>	40mg	†

\*Percent Daily Values are based on a 2,000-calorie diet.

†Daily Value (DV) Not Established.

Other Ingredients: Vegetable Cellulose Capsule.