

SUGGESTED USE: 1 capsule taken 1 to 2 times daily preferably with meals or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dosage. Avoid driving or operating heavy machinery while taking this product. Not recommended for pregnant or nursing mothers or children under 18 years of age. St. John's Wort may contribute to photosensitivity resulting in skin irritation and redness in persons exposed to strong sunlight or tanning beds. Not for use by individuals with a known medical condition including liver disease, bipolar (manic) depression or anyone taking prescription medications including antidepressants or MAO inhibitors. If you have questions about the advisability of taking this product, consult your physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

KEEP OUT OF THE REACH OF CHILDREN. CONTAINS DESICCANT PACKET FOR FRESHNESS. DO NOT EAT PACKET. 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.



MELLOW

ADRENAL SUPPORT**

Mood Support**

Supports Stress Relief**

Ashwagandha • GABA

5-HTP • St John's Wort**



DIETARY SUPPLEMENT

60 CAPSULES

Supplement Facts

Serving Size 1 Vegetable Capsule
Servings Per Container: 60

Amount Per Serving	%Daily Value
Thiamin (as thiamine HCl)	2 mg 167%
Riboflavin	2 mg 154%
Niacin (as niacinamide)	10 mg 63%
Vitamin B-6 (as pyridoxine HCl)	10 mg 588%
Folate	85 mcg DFE 21% (50 mcg folic acid)
Vitamin B-12 (as cyanocobalamin)	100 mcg 4167%
Calcium (as calcium carbonate)	50 mg 4%
Magnesium (as magnesium oxide)	50 mg 12%
Ashwagandha Root (4.5% extract)	47 mg *
GABA (gamma-Aminobutyric acid)	100 mg *
Chamomile Flower (4:1 extract)	100 mg *
5-HTP (5-Hydroxytryptophan)	50 mg *
(Griffonia simplicifolia seed)	
St. John's Wort 0.3% Extract	25 mg *
(aerial parts)	

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetable cellulose (with chlorophyll), vegetable stearic acid, vegetable magnesium stearate, silicon dioxide and natural vanilla flavor (added for aroma).

Distributed By: Cohala Wellness

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Made in USA using globally sourced ingredients