



# NEW MOOD BOOST CAPSULE

## DIETARY SUPPLEMENT

Helps reduce stress & anxiety  
Promotes positive mood  
Supports improved sleep quality

60 CAPSULES

Esmondnatural  Integrated health

### Supplement Facts

Serving Size 2 Capsules

| Amount Per Serving               | %Daily Value |
|----------------------------------|--------------|
| Vitamin B6 (as Pyridoxine HCL)   | 10 mg 500%   |
| Magnesium (as Magnesium Citrate) | 80 mg 20%    |
| L-Tyrosine                       | 300 mg *     |
| Ashwagandha Root Extract         | 200 mg *     |
| 5-HTP                            | 150 mg *     |
| St. John's wort                  | 150 mg *     |
| GABA                             | 100 mg *     |
| L-Theanine                       | 100 mg *     |
| Rhodiola Root Extract            | 50 mg *      |
| Chamomile Flower Extract         | 20 mg *      |
| Lemon Balm Herb Extract          | 20 mg *      |
| DMAE                             | 100 mg *     |

\*Daily Value not established.

### OTHER INGREDIENTS:

Gelatin, Dicalcium Phosphate. Contains <2% of: Silica, Vegetable Magnesium Stearate.

**DIRECTIONS:** For adults, take two (2) capsules daily, preferably with meals. As a reminder, discuss the supplements and medications you take with your health care providers.