

DIRECTIONS: Take 2 capsules once or twice daily, or use as directed by your healthcare professional.


Consult your healthcare professional prior to use. Individuals taking medication, particularly medications for migraines, Parkinson's disease, depression, or other psychiatric disorders, should discuss potential interactions with their healthcare professional. Not for use by children. Pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

Mood Food™ ES combines key B vitamins, vitamin C, and chelated minerals with taurine, L-theanine, GABA, and 5-HTP to enhance the synthesis of chemical messengers that support calmness, positive mood, and a healthy nervous system.*

*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.

STORAGE: Keep closed in a cool, dry place out of reach of children.

FORMULATED TO EXCLUDE: Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, and artificial sweeteners.

 **Quatrefolic** S1. Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under U.S. patent 7,947,662.

S2. Albion® is a registered trademark of Balchem Corporation or its subsidiaries.

 **Suntheanine** S3. Suntheanine®, a patented form of L-Theanine, is a trademark of Taiyo International, Inc.



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Mood Food™ ES

Supports Calmness and Relaxation*

PROFESSIONAL FORMULAS

60 Vegetarian Capsules | Dietary Supplement

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin C (ascorbic acid)	20 mg	22%
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	294%
Folate (255 mcg DFE as (6S)-5-methyltetrahydrofolate, glucosamine salt ^{S1} and 255 mcg DFE as calcium folinate)	510 mcg DFE	128%
Vitamin B12 (as methylcobalamin)	30 mcg	1,250%
Magnesium (as magnesium lysinate glycinate chelate ^{S2})	70 mg	17%
Zinc (as zinc bisglycinate chelate ^{S2})	3 mg	27%
Selenium (as selenium glycinate ^{S2})	50 mcg	91%
Taurine	300 mg	**
5-HTP (5-hydroxytryptophan)	100 mg	**
L-Theanine ^{S3}	100 mg	**
GABA (gamma-aminobutyric acid)	100 mg	**

** Daily Value (DV) not established.

Other Ingredients: Capsule (hypromellose and water), microcrystalline cellulose, stearic acid, magnesium stearate, silica, and medium-chain triglyceride oil.

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ePV:

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