

Uplift™ promotes emotional well-being by providing a balanced formula of key botanicals and nutrients.*

Suggested Use: One (1) capsule, three times per day.

Avoid if pregnant or nursing or bi-polar. Consult your physician if using prescription medications.

This product contains no: preservatives, binders, artificial colorings or flavorings, sugars, starch, lactose, salt, corn, wheat, gluten, soy, or milk derivatives.

Tamper resistant: please do not use if safety seal is broken or missing.

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



UPLIFT™

Dietary Supplement
VITANICA®

60 Vegetarian Capsules

VITANICA®

© 2007 SW Spohn Co. • Tualatin, OR, USA

Supplement Facts

Serving Size 1 Capsule

Amount per Serving		% Daily Value
Vitamin B6 (as pyridoxal - 5 - phosphate)	25 mg	1250
Folate (as folic acid)	300 mcg	75
Vitamin B-12 (as cyanocobalamin)	350 mcg	5830
St. Johns wort extract ~ Hypericum perforatum	200 mg	†
Rhodiola rosea extract	50 mg	†
Ginkgo biloba extract ~ Ginkgo biloba	30 mg	†
Lemon balm leaf extract ~ Melissa officinalis	25 mg	†

† Daily Value not established

Other ingredients: vegetarian capsule (cellulose, water), L-leucine.

Uplift™ is suitable for vegetarians.

* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



7 08118 01040 8