

SUGGESTED USE: 2 or more tablets daily, preferably with meals, or as recommended by a health care professional. This product is best when used as part of a program including the ALTRUM products: *Ultra Multis*, *Ultra Daily Enzymes* and *Nutritional Oils*.

WARNING: May potentiate pharmaceutical MAO inhibitors and photo allergic reactions. Keep this product out of reach of children. If you are pregnant, nursing or taking MAO inhibitors, seek the advice of your health care professional before using this product.

Store in a cool, dry place with lid tight.

Distributed by **ALTRUM Nutrition**
Div. of **AMSOIL INC.**
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Product Code
DUF-01



ALTRUM™



Upliftment Formula

Mood Enhancement Support

Dietary Supplement
60 Tablets

Supplement Facts

Serving Size 2 Tablets
Servings per Container 30

	Amount per Serving	% Daily Value
Calcium (as dicalcium phosphate)	100 mg	10%*
Phosphorus (as dicalcium phosphate)	80 mg	8%*
Magnesium (as magnesium oxide)	100 mg	25%*
Zinc (as zinc citrate)	10 mg	67%*
St. John's wort extract (0.3% Hypericin)	300 mg	**
Choline (as choline bitartrate)	25 mg	**
Inositol	25 mg	**

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

** Daily Value not established.

Other ingredients: Vegetable cellulose, vegetable stearine, cellulose gum, calcium stearate, silicon dioxide.