

Suggested Usage: Take 2 capsules 1 to 2 times daily, preferably with food.

NOW® Mood Support is a nutritional supplement that has both nutrients and herbal extracts that aid in the support of a healthy nervous system and a positive, balanced mood state.*

*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.

Caution: For adults only. Do not exceed 4 capsules daily, unless directed by a health care professional. Larger amounts may contribute to photosensitizing reactions (skin reddening) in the presence of strong sunlight or tanning beds. St. John's Wort is known to interact with antidepressants, oral contraceptives, immunosuppressants, anticoagulants, anti-seizure, chemotherapeutic agents, and other prescription and over-the-counter medications. Do not use this product while taking any medication or if you have a medical condition without the advice of your physician. Not for use by pregnant or lactating women. May cause drowsiness. Do not use this product with alcoholic beverages or while operating heavy machinery. Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

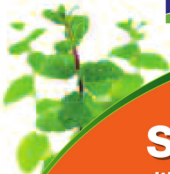
Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

CAPSULE SIZE

CODE 3351B V7



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Mood Support

with St. John's Wort

Nervous System Support

- Vitamins, Minerals, and Herbal Extracts for a Balanced Mood
- Helps to Maintain a Positive Attitude*

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 45

	Amount Per Serving	% Daily Value
Thiamin (from Thiamin HCl) (Vitamin B-1)	2 mg	133%
Niacin (as Niacinamide) (Vitamin B-3)	25 mg	125%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	500%
Folate (Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	200 mcg	3333%
Pantothenic Acid (from D-Calcium Pantothenate)	50 mg	500%
Magnesium (from Magnesium Oxide and Amino Acid Chelate)	50 mg	13%
Zinc (from Zinc L-Methionine)	5 mg	33%
Manganese (from Manganese Amino Acid Chelate)	2 mg	100%
St. John's Wort Extract (<i>Hypericum perforatum</i>) (Aerial Part with Flowers) (min. 0.3% Hypericin)	450 mg	†
Holy Basil Extract (Tulsi Extract) (Leaves) (<i>Ocimum tenuiflorum</i>) (min. 2% Ursolic Acid)	100 mg	†
Valerian (<i>Valeriana officinalis</i>) (Root) (4:1 Concentrate)	50 mg	†
5-HTP (5-hydroxytryptophan) (<i>Griffonia simplicifolia</i>) (Seed)	20 mg	†
GABA (Gamma Aminobutyric Acid) (Free-Form)	250 mg	†
Taurine (Free-Form)	125 mg	†
L-Theanine	50 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose Powder, Silica, Stearic Acid (vegetable source) and Magnesium Stearate (vegetable source).

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Store in a cool, dry place after opening. Please Recycle.

