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This product contains NO yeast, wheat, gluten, milk/dairy, corn, sodium, sugar, starch, artificial coloring, artificial preservatives or genetically modified organisms (GMOs).

**Suggested Usage:** Adults take 2 capsules, 1-2 times daily, or as directed by a healthcare professional.

**Warning:** Keep out of reach of children. If you are pregnant, nursing, have any health condition or taking any medication, consult your health care practitioner before using this product.

**longvida** is patent protected under EP 1993365, other patents pending, and is a registered trademark of Verdure Sciences Inc.

**ZYCHROME** is a trademark of InterHealth N.I.

††Zychrome® brand chromium dinicocysteinate  
Trademark of InterHealth N.I.

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

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #202138

# Mood Systems Balance<sup>†™</sup>

A Dietary Supplement



60 Vegetarian Capsules

## Supplement Facts

Serving Size 2 Vegetarian Capsules  
Servings Per Container 30

| Amount Per Serving                                                | %DV          |
|-------------------------------------------------------------------|--------------|
| Chromium (as Chromium Dinicocysteinate <sup>††</sup> ).....       | 400 mcg 333% |
| <i>Rhodiola rosea</i> root Extract.....                           | 340 mg *     |
| (standardized to 3% rosavins)                                     |              |
| Berberine HCl.....                                                | 250 mg *     |
| LONGVIDA® Optimized Curcumin Extract.....                         | 200 mg *     |
| (from <i>Curcuma longa</i> root)                                  |              |
| Saffron Extract.....                                              | 15 mg *      |
| ( <i>Crocus sativus</i> L, stigmas) (standardized to 2% safranal) |              |

\*Daily Value not established

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, phosphatidylcholine (from soy), stearic acid, ascorbyl palmitate, and silica.

Manufactured by:  
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