

Barcode

**Directions:** On an empty stomach, generally 30 minutes before or two hours following a meal, take two capsules one to two times a day, or as directed by your healthcare practitioner.

**Mood Food ES™** combines the same vitamin/mineral co-factors, and amino acids as first generation, Mood Food™. Modification in quantities of ingredients, plus the addition of Suntheanine®, vitamin C, and selenium further enhance synthesis of chemical messengers that support calmness, a healthy mood, and overall support for 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.**

**CAUTION:** Consult with your healthcare practitioner before use, especially if you are pregnant, lactating, under the age of 18, or taking prescription drugs for depression, migraines, Parkinson's and psychiatric disorders. Do not use with other supplements containing L-Tryptophan, 5-HTP, St. John's Wort or SAMe. Keep out of reach of children.

**STORAGE:** Keep tightly closed, in a cool dry place.

**DOES NOT CONTAIN:** Wheat, gluten, corn protein, yeast, soy, animal or dairy products, artificial colors, sweeteners, or preservatives.

# XYMOGEN® EXCLUSIVE PROFESSIONAL FORMULAS

## Mood Food ES™ Dietary Supplement

**Supports Calmness and Relaxation\***

**Pharmaceutical Grade • Professional Use Only  
120 Vegetable Capsules**

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 60

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	20 mg	33%
Vitamin B6 (as pyridoxal 5' phosphate)	5 mg	250%
Folate (as calcium folinate)	300 mcg	75%
Vitamin B12 (as methylcobalamin)	30 mcg	500%
Magnesium (TRAACS® Magnesium Lysyl Glycinate Chelate)	70 mg	18%
Zinc (TRAACS® Zinc Glycinate Chelate)	3 mg	20%
Selenium (as Selenium Glycinate Complex)	50 mcg	71%
L-Taurine	300 mg	**
L-Theanine (Suntheanine®)	100 mg	**
5-HTP (5-Hydroxytryptophan)	100 mg	**
GABA (gamma-aminobutyric acid)	100 mg	**

**\*\* Daily Value (DV) not established.**

**Other Ingredients:** HPMC (capsule), stearic acid, magnesium stearate, and silica.

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REV. 011811

**Suntheanine®**



This package is completely recyclable

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