

## PRODUCT #01176

**DIRECTIONS:** As a dietary supplement, take two (2) capsules with breakfast or, for optimal results, take one (1) capsule with breakfast and one (1) capsule with lunch. Dosage may be increased as directed by a healthcare practitioner.

Manufactured with all natural fillers, binders and lubricants. This product contains no dairy, wheat, corn, soy, yeast, sugar or any artificial ingredients. Our products contain organically grown herbs, when available.

Double-sealed for your protection.  
Do not use if outer seal is broken or missing.

**CAUTION:** Contains phenylalanine and should be avoided by phenylketonurics and women who are pregnant or lactating.

If you are taking any medications (including SSRIs, MAO inhibitors, or anti-depressants) or have a medical condition, consult your healthcare practitioner before using this product. Keep out of reach of children.

MANUFACTURED FOR  
**MICHAEL'S® NATUROPATHIC PROGRAMS**  
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SAN ANTONIO, TEXAS 78265  
A Division of Inner Health Group, Inc.

Consumer Information Services  
Voice Mail: 800-845-2730

Certified by: Rabbi Alan Silver, M.D.   
Orthodox Jewish Council

[www.michaelshealth.com](http://www.michaelshealth.com)

❖ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

michael's®  
naturopathic programs



# brighten up™

nervous system  
support❖

60 vegetarian & kosher capsules  
vitamin, mineral &  
herb supplement

## tried & truthful



## Supplement Facts

Serving Size: Two (2) Veggie Capsules  
Servings Per Container: 30

Amount Per Serving	% Daily Value	
Vitamin C (as Magnesium Ascorbate)	100 mg	167%
Niacin (as Niacinamide)	15 mg	75%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	15 mg	750%
Folate (as [6S]-5-methyltetrahydrofolic acid equivalent to 100 mcg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt**)	50 mcg	13%
Vitamin B-12 (as Methylcobalamin)	100 mcg	1667%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1000%
Magnesium (as Magnesium Citrate and Ascorbate)	100 mg	25%
Zinc (as Zinc Monomethionine***)	5 mg	33%

<b>Proprietary Blend</b>	<b>400 mg</b>	*
DL-Phenylalanine (Free Form Amino Acid), L-Tyrosine (Free Form Amino Acid), Rhodiola rosea Root, L-Theanine (from Suntheanine****), 5-HTP (from Griffonia simplicifolia) and Rhodiola rosea Root Extract		

\*Daily Value not established.

**OTHER INGREDIENTS:** Rice Flour, Cellulose and Vegetable Magnesium Stearate.

\*\*Quatrefolic® is a registered trademark of Gnosis S.p.A.  
\*\*\*OptiZinc® is a Trademark of InterHealth Nutraceuticals, Inc.  
\*\*\*\*Suntheanine® is a Trademark of Taiyo International Inc.

Made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products.

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Scan for more product information.

