

Live Optimal™

SUGGESTED USE: Take a serving of 2-3 capsules to support a positive mood, during situations of stress or irritability, or as directed by a healthcare practitioner. Avoid use in the evening. Do not exceed 2 servings per day.

Serotonin Brain Food™ is designed to promote the production of serotonin, a neurotransmitter essential to mental well being. Research suggests that the natural compounds in Serotonin Brain Food™ can improve mood as well as relieve stress and irritability.†

Warning: Consult a healthcare practitioner before taking this or any nutritional supplement if you are pregnant/nursing, have or suspect a medical condition, are taking any medications (particularly SSRIs or MAOIs), or other non-Natural Stacks® dietary supplements. Phenylethanolamines. Contains phenylethanolamine. Do not use if safety seal is broken or missing. Store in a cool dry place. **KEEP OUT OF REACH OF CHILDREN**

†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.



U.S.A. manufactured
in a cGMP facility.

Formulated & Distributed By:

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SEROTONIN

FOR A POSITIVE MOOD†

ALL NATURAL
NEUROTRANSMITTER
SUPPORT

50 VEGETARIAN CAPSULES
DIETARY SUPPLEMENT

NS NATURAL
STACKS®

BRAIN FOOD

NO
PRESERVATIVES

NO
ARTIFICIAL
COLORS

NO
SOY

NO
GMO

BRAIN FOOD - Natural nutrients that act as fuel for specific neurotransmitters in the brain. Try all four:

- DOPAMINE - For mental alertness
- SEROTONIN - For a positive mood
- ACETYLCHOLINE - For mental processing
- GABA - For calmness & sleep

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 20

Amount Per 3 Capsules	%DV
Vitamin B-3 (Niacinamide)	150 mg 750%
Magnesium (Magnesium glycinate)	50 mg 13%
Zinc (Zinc glycinate)	20 mg 133%
L-Tryptophan	1,250 mg *
Rhodiola Rosea (root) extract (Standardized to 3% total roseosins, min. 1% salidroside)	400 mg *

*Daily Values (DV) not established

Other Ingredients: Vegetable capsule, cellulose, vegetable stearate, silica

