

SOURCE NATURALS®

DIETARY SUPPLEMENT

DAY STARTER™

FOR CALM ENERGY AND FOCUS*
60 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Calcium	21 mg	2%
Green Tea Leaf Extract (50% caffeine)	200 mg	†
L-Theanine	200 mg	†

†Daily Value not established.

Other ingredients: microcrystalline cellulose, dibasic calcium phosphate, hydroxypropyl cellulose, magnesium stearate, modified cellulose gum, and silica.

Suggested Use: 1 tablet 1 to 2 times daily with a meal. Do not take before bedtime.

CAUTION: For adult use only. Each tablet contains 100 mg of naturally occurring caffeine, which is approximately the amount contained in one cup of coffee. Caffeine can cause nervousness, irritability, sleeplessness or rapid heartbeat. If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

Source Naturals **DAY STARTER™** delivers the energy benefits of caffeine with the calming benefits of L-theanine, to help you start the day focused and productive. In contrast to the nervousness that can come from consuming excess caffeine by itself, these two ingredients work together to provide calm, focused energy. Clinical research has shown that caffeine and L-theanine have a synergistic effect on attention and accuracy, and together support healthy focus and memory better than the use of each ingredient by itself. We suggest you start with one tablet but increase to two if the desired effect is not achieved.*

STORE IN A COOL, DRY PLACE.

Do not use if either tamper-evident seal is broken or missing. Keep out of the 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.**

Manufactured for:
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