

Suggested usage: 1 tablet with food 1–3 times per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Three Brains™ is a line of supplements designed to support the critical relationship between our head, heart, and gut. Together, these three “brains” influence our mental health and cognition.

Mental Sunshine™ combines vitamin B6, inositol, 5-HTP, and saffron extract to promote a healthy mood balance.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* 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.



LOT & EXPIRY
0.6875" x 0.4375"
Double Line

DIETARY SUPPLEMENT MENTAL SUNSHINE™



Promotes healthy mood balance*

90 enteric coated tablets

Supplement Facts

Serving Size 1 Enteric Coated Tablet

	Amount Per Serving	% Daily Value
Vitamin B6 (pyridoxine HCl)	10 mg	588%
Calcium (calcium dihydrate)	45 mg	3%
Inositol	200 mg	**
5-Hydroxytryptophan (5-HTP) (<i>Griffonia simplicifolia</i>) (seed)	50 mg	**
Saffron Extract 6:1 (<i>Crocus sativus</i>) (stigma)	10 mg	**
Safranal (1% minimum)	100 mcg	**

**Daily Value not established.

Other ingredients: Microcrystalline cellulose, coating (purified water, ethylcellulose, medium chain triglycerides [coconut], hypromellose, glycerin, sodium alginate, purified stearic acid), croscarmellose sodium, stearic acid, magnesium stearate (vegetable grade), silica.



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Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

**Purity & Potency
Guaranteed**