

(PLEASE READ THE ENTIRE LABEL BEFORE USE)

Recommended Use: As a dietary supplement, take 1-2 capsules 1-2 times daily, preferably with food.

Warning: This product is only intended to be consumed by healthy individuals 18 years of age or older. Avoid excessive exposure to sunlight and other sources of ultraviolet light when using this product. St. John's Wort is known to interact with antidepressants, anti-seizure, and other prescription and over-the-counter medications. Consult your physician prior to using this product. Do not drive or operate heavy machinery after taking this product. Do not take with alcohol. Do not take if pregnant or nursing. Do not exceed recommended use. Improper use will not improve results and is not advised. Keep out of reach of children. Store in a cool dry place. Do not use if safety seal is broken.

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.

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Made in the USA

www.nutricost.com



MOOD COMPLEX

1550MG | **90** | **45**
per serving | capsules | servings

90 Capsules | Dietary Supplement



Supplement Facts

Serving Size: 2 Capsules / Servings Per Container: 45

Amount Per Serving		% DV
Vitamin D3 (as Cholecalciferol)	500 IU	125%
Thiamin (from Thiamine HCl)	2mg	133%
Niacin (as Niacinamide)	25mg	125%
Vitamin B6 (from Pyridoxine HCl)	10mg	500%
Folate (Folic Acid)	400mcg	100%
Vitamin B12 (as Cyanocobalamin)	200mcg	3,333%
Pantothenic Acid (from D-Calcium Pantothenate)	40mg	400%
Magnesium (from Magnesium AAC and Oxide)	20mg	5%
Zinc (from Zinc L-Methionine and AAC)	25mg	167%
Manganese (from Manganese AAC)	2mg	100%
Chromium (as Chromium Polynicotinate)	1,000mcg	833%
St. John's Wart	300mg	*
Rhodiola (3% Rosavins 1% Salidroside)	275mg	*
Ashwagandha Root (2.5% Withanolides/Alkaloids)	275mg	*
GABA (Gamma Aminobutyric Acid)	200mg	*
Taurine	125mg	*
Red Clover Leaf	80mg	*
Valerian Root (4:1 Extract)	50mg	*
L-Theanine	50mg	*
Saffron (0.3% Safranal)	30mg	*
Lavender Extract 4:1	20mg	*

* Daily Value not established

Other Ingredients: Veggie Capsules, Stearic Acid, Magnesium Stearate, Olive Oil