

SOURCE NATURALS®

BIO
ALIGN®

DIETARY SUPPLEMENT

ST. JOHN'S
POSITIVE
THOUGHTS™

SUPPORTS A GOOD MOOD*

90 TABLETS

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Vitamin C (as zinc ascorbate)	53 mg	88%
Thiamin (as vitamin B-1)	25 mg	1,667%
Riboflavin (as vitamin B-2)	25 mg	1,470%
Niacinamide	50 mg	250%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2,500%
Folate (as folic acid)	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	30 mcg	500%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium D-pantothenate)	25 mg	250%
Calcium	122 mg	12%
Magnesium (as magnesium oxide & taurinate)	200 mg	50%
Zinc (as zinc ascorbate)	10 mg	67%
Manganese (as manganese citrate)	3 mg	150%
Sodium	15 mg	1%
St. John's Wort Aerial Parts Ext. (0.3%) Yielding 2.7 mg Hypericins	900 mg	†
GABA (gamma-aminobutyric acid)	500 mg	†
Taurine (as magnesium taurinate)	200 mg	†
L-Tyrosine	200 mg	†
Holy Basil Leaf Extract	100 mg	†
Lemon Balm Leaf	100 mg	†
Valerian Root Extract	100 mg	†

L-Phenylalanine	100 mg	†
DMAE (as bitartrate)	60 mg	†
L-Theanine	50 mg	†
N-Acetyl L-Tyrosine	50 mg	†
Relora®	50 mg	†

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

†Daily Value not established.

Other ingredients: dibasic calcium phosphate, stearic acid, acacia gum, modified cellulose gum, and silica.

ST. JOHN'S POSITIVE THOUGHTS™ combines mood-soothing herbs, calming factors, and uplifting amino acids. It contains the standardized herbal extract of St. John's wort yielding 0.3% hypericins. It also features valerian, Relora®, GABA, magnesium and the amino acids taurine, N-acetyl L-tyrosine, L-theanine, and L-phenylalanine.*

Suggested Use: 1 tablet three times daily. For optimal absorption, take between meals or with a carbohydrate meal. One tablet can be taken before bedtime. For best results, use this product for at least 6 weeks, although benefits may be experienced sooner.

WARNING: Contains phenylalanine and tyrosine. Not to be used by phenylketonurics or with antidepressant drugs containing MAOIs or SSRIs. Do not use this product while taking any medication or if you have a medical condition, without the advice of your physician or pharmacist. St. John's wort is known to interfere with many prescription and non-prescription drugs, including oral contraceptives, antibiotics, antidepressants, anticoagulants, antihistamines, immunosuppressants, corticosteroids, diabetes drugs, antiviral, antiseizure, anticancer and cardiovascular drugs. It may also cause increased photosensitivity; limit exposure to UV radiation. If you are pregnant, may become pregnant, breastfeeding, or have high blood pressure, consult your healthcare professional before using this product.

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.

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Manufactured for:
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