

# VITANICA® ~ UPLIFT™

Uplift is a thoughtful and balanced combination of research supported nutrients and herbs promoting a positive mood.

## Featured Ingredients:

- Research has indicated certain nutrients for maintenance of a positive mood: **Vitamin B6**, **Vitamin B12** and **Methylated Folic acid (as L-5-MTHF)**
- **St. John's wort** is one of the best researched herbs in support of a positive mood
- **Ginkgo** promotes blood flow to the brain thereby supporting the individual nutrients and their positive supportive effects on mood
- **Rhodiola** is a wonderful general tonic with historical use supporting emotional well-being and **Lemon balm** has also traditionally been used to promote a positive mood

**Indications:** Mood support from traditional herbs as well as researched herbs and nutrients in support of a positive mood; this formula may be used for occasional, temporary needs, or ongoing as needed.

**Suggested Use:** 1 capsule, up to three times per day.

Size ~ 60 caps; Item code ~ 7-08118-01040-8

Size ~ 120 caps; Item code ~ 7-08118-01041-5

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## Supplement Facts

Serving Size 1 Capsule  
120 Servings per Container

Amount per Serving		% Daily Value
Vitamin B6 (as pyridoxal-5-phosphate)	25 mg	1470%
Folate (as L-5 Methylfolate)	500 mcg DFE	125%
Vitamin B12 (as methylcobalamin)	350 mcg	14583%
St. John's wort ( <i>Hypericum perforatum</i> ) flower extract	200 mg	†
Rhodiola ( <i>Rhodiola rosea</i> ) root extract	50 mg	†
Ginkgo ( <i>Ginkgo biloba</i> ) leaf extract	30 mg	†
Lemon balm ( <i>Melissa officinalis</i> ) leaf extract	25 mg	†

† Daily Value not established

Other ingredients: Vegan capsule (HPMC, water), L-leucine.