

Mellow Mood

Carlson Labs

Directions: Adults take tablet 1 to 3 times daily, preferably at mealtime.
Store in a cool dry place. Natural color. Cellulose coated.

Supplement Facts		
Serving Size 1 Tablet		
	Amount Per Tablet	%DV
Vitamin C (ascorbic acid)	90 mg	150%
Vitamin B-1 (as thiamin HCl)	10 mg	667%
Vitamin B-2 (riboflavin)	10 mg	588%
Vitamin B-3 (as niacinamide)	25 mg	125%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1250%
Folate	200 mcg	50%
Vitamin B-12 (cobalamin concentrate)	50 mcg	833%
Pantothenic Acid (as d-ca pantothenate)	10 mg	100%
Magnesium (as mag. citrate and oxide)	50 mg	12%
L-Theanine Suntheanine®**	100 mg	☆
GABA (Gamma Amino Butyric Acid)	200 mg	☆
☆ Daily Value (DV) not established.		

Other Ingredients: Cellulose, stearic acid, silicon dioxide.

Warning: Do not take if you are pregnant or lactating. May cause drowsiness in some individuals. Keep out of reach of children.