



MY HEALTHY
mood
MOOD, STRESS & ADRENAL SUPPORT



30 PACKETS (5 VEGAN CAPSULES) | DIETARY SUPPLEMENT

YouVeda™ Multi-Vitamin Supplement Facts

Serving Size: 1 Vegan capsule (delayed release) | Servings per Kit 30

	Amount Per Serving	%DV*
Vitamin A (as retinyl palmitate, beta carotene) (2,500 IU)	750 mcg RAE	83%
Vitamin C (as ascorbic acid, ascorbyl palmitate)	225 mg	250%
Vitamin D3 (as cholecalciferol) Vegan (500 IU)	12.5 mcg	63%
Vitamin E (as d-alpha tocopheryl acetate) (15 IU)	10 mg	67%
Vitamin K2 (as menaquinone MK7)	50 mcg	42%
Vitamin B1 (as thiamine hydrochloride)	10 mg	833%
Vitamin B2 (as riboflavin 5 phosphate)	10 mg	769%
Vitamin B3 (as niacin, niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxal 5 phosphate)	10 mg	588%
Folate (as Quatrefolic® (6S) 5-methyltetrahydrofolate, glucosamine salt) 400 mcg	666 mcg DFE	167%
Vitamin B12 (as methylcobalamin)	250 mcg	10417%
Biotin	1 mg	333%
Vitamin B5 (from calcium pantothenate)	50 mg	1000%
Calcium (from calcium citrate)	25 mg	2%
Iodine (from potassium iodide)	75 mcg	50%
Magnesium (from magnesium oxide)	25 mg	6%
Zinc (from zinc bisglycinate chelate)	7.5 mg	68%
Selenium (from l-selenomethionine)	35 mcg	64%
Copper (from copper bisglycinate chelate)	500 mcg	56%
Manganese (from manganese bisglycinate chelate)	1 mg	43%
Chromium (from chromium nicotinate glycinate chelate)	50 mcg	143%
Molybdenum (from molybdenum nicotinate glycinate chelate)	50 mcg	111%
Proprietary Multi Support Blend	44 mg	**
Alpha Lipoic , Boron Glycinate (Borogenic), Amla (Indian Gooseberry) Fruit Extract, Seabuckthorn Fruit Extract, Shilajeet (mineral pitch) Extract, Trikatu Extract Blend (Ginger Root Extract, Long Pepper Fruit Extract and Black Pepper Fruit Extract), Glutathione (reduced), Lutein and Lycopene.		**

** Daily Value not established.

Other ingredients: Vegan Delayed Release Capsule (hypromellose, gellan gum and water).
Quatrefolic® is a registered Trademark of Gnosis S.p.P Patent No. 7,974,662.

YouVeda™ Ayurvedic Mood & Stress Support Supplement Facts

Serving Size: 4 Vegan capsules
Servings per kit: 30

	Amount Per Serving	%DV**
Proprietary Mood Support Blend	2,300 mg	***
Ashwaganda (root) extract, Velvet Bean (seed) extract, Bindweed (leaf) extract, Gotu Kola (herb) extract, Magnolia (bark) extract, Rhodiola (root) extract, Bacopa (leaf) extract, Shilajeet (mineral pitch) extract, L-Theanine, Saffron (flower) extract.		***

** Percent Daily Values (DV) are based on a 2,000 Calorie diet. *** Daily Value not established.

Other ingredients: Vegan capsule (hypromellose and water), magnesium stearate (vegetable source), tapioca starch and silicon dioxide.

Allergen Warning: YouVeda™ Multi-Vitamin contains ingredients derived from soy.

Warning: Consult your physician before using this or any product if you are pregnant, nursing, trying to conceive, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



100% VEGAN



DAIRY, EGG & WHEAT FREE



DOES NOT CONTAIN ANY GMO'S



GLUTEN FREE

SUGGESTED USE:

Enjoy one packet daily. Please consume with food.

KEEP IN A COOL, DRY PLACE.

AVOID STORING IN DIRECT SUNLIGHT.



Manufactured in FDA Registered Facilities.



Manufacturing, packaging and testing performed in accordance to Good Manufacturing Practices.



Manufactured In The USA.

Distributed by YouVeda, LLC

Dallas, TX 75024.

For any questions, comments or concerns email us at customerservice@youveda.com or call us at: 1-855-YOU-VEDA (968-8332)
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