

# Up-Lift™

Elevates Mood & Promotes a Healthy State of Mind\*

- Maintains healthy neurotransmitter levels\*
- Promotes neurological health\*

Up-Lift™ ingredients work together to significantly improve mood, cognition and mental productivity by supporting clear functioning of the neurological system. It also assists in the maintenance of key hormone/neurotransmitter levels. Premium quality botanical extracts and nutrients are provided to support healthy levels of dopamine, serotonin and GABA (gamma-aminobutyric acid). By combining the building blocks for neurotransmitters with the clearing, transforming and guiding influence of the herbs, a comprehensive approach to mood support is achieved.\*



## Supplement Facts

Serving Size: 3 capsules  
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Vitamin B6 (from <i>S. cerevisiae</i> ) ◀◀	4.7 mg	276%
Folate (from <i>S. cerevisiae</i> ) ◀◀	167 mcg DFE	42%
Vitamin B12 (as Cobalamin from <i>S. cerevisiae</i> ) ◀◀	200 mcg	8333%
St. John's Wort ( <i>Hypericum perforatum</i> ) Aerial Parts Ext.	600 mg	*
N-Acetyl-L-Tyrosine	400 mg	*
L-Tryptophan	200 mg	*
Ashwagandha ( <i>Withania somnifera</i> ) Root Ext.	200 mg	*
Magnolia ( <i>Magnolia officinalis</i> ) Bark Ext.	100 mg	*

\* Daily Value Not Established

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

◀◀ Naturized® Food-Grown Nutrient.

DOES NOT CONTAIN: Wheat, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts.

Available in 90 capsules

SUGGESTED USE: 3 capsules daily or as directed by your healthcare practitioner

## FEATURING

### Naturized® Vitamin B6, B12 and Folate

B6, B12 and Folate vitamins are protective of the neurological system and help persons with stress and anxiety to maintain a healthy mood. Naturized® food-grown nutrients utilize a single-celled yeast, *Saccharomyces cerevisiae*, that is fed specific vitamins and minerals which in turn become extremely bioavailable through the yeast.\*

### St. John's Wort

Clinical trials suggest that the hypericum extract of St. John's Wort is effective in supporting healthy mood while having few side effects. The active constituent, hypericin, inhibits monoamine oxidase (MAO), inhibits the breakdown of neurotransmitters, and supports healthy serotonin levels.\*

### Ashwagandha

Ashwagandha is a powerful herb that has been revered in Ayurvedic medicine for over five thousand years. Often called Indian Ginseng, it belongs to an elite class of Ayurvedic restorative, tonic herbs. Known for its neurocognitive benefits including nervous system restoration, research suggests that Ashwagandha enhances cognition and promotes healthy brain and nervous system function.\*

### L-Tryptophan

Tryptophan plays a role in the body's synthesis of serotonin, melatonin and niacin, which are important for mood and stress response. Tryptophan is a precursor of serotonin, which helps to moderate emotions, mood, sleep and metabolism.\*

### N-Acetyl-L-Tyrosine

Tyrosine, a precursor of dopamine, is required for the synthesis of the catecholamine neurotransmitters epinephrine and norepinephrine. These help nerve cells communicate and influence mood.\*

\*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.

