

Up-Lift™

Elevates Mood & Promotes a Healthy State of Mind*

- Maintains healthy neurotransmitter levels*
- Promotes neurological health*

Up-Lift™ ingredients work together to support mood, cognition and mental productivity by promoting optimal functioning of the neurological system, through 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 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
Niacin (from L-Tryptophan**)	3.33 mg NE	21%
Vitamin B-6 (from <i>S. cerevisiae</i>)	4.7 mg	276%
Folic Acid (from <i>S. cerevisiae</i>)	167 mcg DFE	42%
	(98.2 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin, from <i>S. cerevisiae</i>)	200 mcg	8333%
St. John's Wort (<i>Hypericum perforatum</i>) Whole Plant Extract	600 mg	*
N-Acetyl-L-Tyrosine	400 mg	*
L-Tryptophan	200 mg	*
Organic Ashwagandha (<i>Withania somnifera</i>) Root Extract (KSM-66®)	200 mg	*
Magnolia (<i>Magnolia officinalis</i>) Bark Extract	100 mg	*

* Daily Value Not Established.

Other Ingredients: Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Vegetable Magnesium Stearate, Silica.

**Approximately 60mg of dietary tryptophan is equivalent to 1 mg niacin.

KSM-66 Ashwagandha® is a registered trademark of the Lxoreal Biomed Inc.

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

Available in 90 capsules

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

FEATURING

St. John's Wort

St. John's wort (*Hypericum perforatum*) extract contains naturally occurring botanical constituents, including hypericin and hyperforin. It has a long history of traditional use in supporting positive mood and emotional well-being*

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.*

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.*

Ashwagandha (KSM-66®)

Ashwagandha, often called Indian Ginseng, is revered in Ayurvedic medicine for promoting healthy mental and physical vitality and stamina. KSM-66® is a full-spectrum root-only ashwagandha extract studied for its support of the cognitive function, sleep, stress, and healthy aging.*

Magnolia Bark

Known for its aromatic properties, Magnolia bark (*Magnolia officinalis*) has traditionally been used to support a healthy stress response, overall calm, and a balanced mood.*

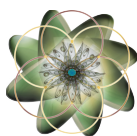
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Naturized® Vitamin B6, B12 and Folic Acid(B9)

Vitamins B6, B12, and Folic Acid are protective of the neurological system and help maintain a healthy mood during times of occasional stress. 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.*

*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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Our specialty ingredients are certified by analysis for purity and potency, and this product is manufactured under current Good Manufacturing Practices (cGMP).



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