

# ELEVATE

## DESIGNED

To support physical and mental stress giving you elevation from burn out.

ELEVATE provides nutrients commonly deficient with mood disorders.

**DOSAGE** Two capsules two times a day.

**RELATED PRODUCTS** THINK, RELAX, SERENE



## SUPPLEMENT FACTS

Serving size : 2 capsules (458 mg. capsule)

	Amount per serving	%DV
Vitamin B6.....	10 mg.	500%
Folic Acid.....	140 mcg.	35%
St. John's Wort extract (Hypericin 0.3%).....	300 mg.	+
Gotu Kola.....	+	+
Eleuthero .....	+	+
Tyrosine .....	+	+

No RDA established †

Contains EZA (Amylase, Protease, Lipase, and Cellulase) ADPT: Eleuthero (Siberian Ginseng), Reishi (Ganoderma Mushroom), Jiaogulan, Cordyceps and Rhodiola Rosea.

Other ingredients: Gelatin capsule  
(Contains no known allergens)

## DETAILS

Nutrients found in this formula such as folic acid, vitamin B6, and tyrosine, play a role in supporting the conversion needed for proper neurotransmission in the brain. Although no claims can be made, many people with depression share common nutritional deficiencies.

Other key ingredients include: St. John's Wort, Gotu Kola, and Eleuthero root.

St. John's Wort has been commonly associated with supporting mood issue for over 2500 years.

Gotu Kola is an herb used to encourage a feeling of tranquility and support in overcoming feelings of stress and anxiety. It has been used for thousands of years in countries such as China, India, and Indonesia.

Eleuthero is proclaimed to have powerful and adaptogenic and tonic properties that can modulate stress and support the improvement of mental and physical performance under a wide variety of stressful conditions. Some initial research reported athletes as having improved performance, endurance, and concentration, when taking Eleuthero root.

**CAUTION:** If taking anti-depressant medication, please consult your physician when taking a product containing St. John's Wort.