

## Suggested Use

Take two capsules daily divided among meals, or as directed by a healthcare professional.

## Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

	Amount Per Capsule	% DV
Vitamin C (from Mg ascorbate)	200 mg	333%
Vitamin B-2 (from riboflavin 5'-phosphate)	5 mg	294%
Vitamin B-3 (as niacinamide)	40 mg	200%
Vitamin B-6 (from pyridoxal 5'-phosphate)	10 mg	500%
Folate (as L-5-MTHF)(from Quatrefolic®††)	100 mcg	25%
Vitamin B-12 (as methylcobalamin)	100 mcg	1,667%
Magnesium (from Mg ascorbate)	16 mg	4%
Zinc (from Zn malate)	10 mg	67%
Ashwagandha Extract ( <i>Withania somnifera</i> ) (7% Withanolides) (root)	200 mg	*
American Ginseng Extract (PE 4:1) (root)	100 mg	*
<i>Rhodiola rosea</i> (3% Rosavins/1% Salidroside) (root)	100 mg	*
L-Theanine	100 mg	*
Zembrin® Extract ( <i>Sceletium tortuosum</i> )	25 mg	*

\*Daily Value (DV) Not Established

**Other Ingredients:** HPMC (Veggie capsule), microcrystalline cellulose, magnesium silicate, magnesium stearate, silica.

**WARNING:** Consult your healthcare practitioner prior to using this product if you are pregnant, nursing, under the age of 18, taking medication, or have a medical condition. If you experience any adverse reactions to this product, discontinue use and consult your healthcare practitioner. Do not exceed recommended intake.

**STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

**Zembrin**

Zembrin® is a registered trademark of HG&H Pharmaceuticals (Pty) Limited. U.S. Patent #6,288,104

††Quatrefolic® is a registered trademark of Gnosis S.p.A.

† 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.

**Procera Mood is derived from all natural ingredients.**

## Adaptogens

Procera Mood is comprised of 3 adaptogens (Ashwagandha, Rhodiola Rosea, American Ginseng) that work like a thermostat, sensing fluctuations in the body's homostasis and normalizing those imbalances.

## Zembrin®

Supported by 300 years of use and clinical research, Zembrin is a plant extract that supports neural circuits involved in processing emotions. Zembrin has received self-affirmed GRAS approval in the U.S.A. and the seal of approval by the South African San Council.

## B Vitamins

High quality coenzyme form of B Vitamins provide mood support and cognitive benefits.

## Procera's Brain Health Pyramid



Procera Mood is part of our Performance Series. For more information, please visit [www.ProceraHealth.com](http://www.ProceraHealth.com)

## PERFORMANCE SERIES

# PROCERA<sup>®</sup> mood

## NATURAL MOOD STABILIZER

Supports Emotional Stability & Calmness<sup>†</sup>

Promotes Mood Elevation<sup>†</sup>

Supports Cognitive Function<sup>†</sup>

Dietary Supplement

60 Capsules

# PROCERA<sup>®</sup>

## The Leader In Cognitive Health

▼  
We offer our customers naturally-based products comprised of ingredients that are supported by research and testing.

▼  
We have a singular focus and expertise in cognitive health and have established ourselves as a leader in this category.

▼  
We continue to develop innovative products that support the brain and body.

Questions? Call 1-800-436-0110  
[www.ProceraHealth.com](http://www.ProceraHealth.com)