

Promotes

- appetite control†
- positive mood†
- stress relief†
- reduced anxiety†

Whether you're stressed because you're overeating or overeating because you're stressed, BrighterDay can help.†

†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.

Suggested Use: One capsule, twice daily, for up to 12 weeks at a time.

For appetite control, take before meals.

May also be taken with our Food-Aid® digestive enzyme supplement.

See our web site for clinical studies and to learn how to make the most of BrighterDay.

www.vitalast.com/brighterday

Vitalast®
brighterday®

**Appetite Control
with Mood Support†**

Dietary Supplement
72 Capsules

Supplement Facts

Serving Size 1 Capsule

Servings per Container 72

Amount Per Serving	
SensorilTrim® ashwagandha (<i>Withania somnifera</i>) root and leaf extract (10% withanolides)	125 mg*
<i>Rhodiola rosea</i> root extract (3% rosavins & 1% salidroside)	170 mg*
5-HTP (from <i>Griffonia simplicifolia</i> seed extract, min. 95%)	50 mg*
Lithium orotate	4 mg*

* Daily Value not established

Other Ingredients: Gelatin, Rice Flour, Magnesium Stearate, and Silica.

Keep out of the reach of children. If you have a health condition or are taking medication, or are pregnant or nursing, consult your doctor before taking. Discontinue use if adverse reaction occurs. Do not use if seal is broken or missing. Protect from heat, light and moisture. Store at 15-30°C (59-86°F).



Manufactured in the U.S.A. in a GMP certified facility for Vitalast® LLC
PO Box 385
Pound Ridge, NY 10576

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