

- promotes appetite control[†]
- promotes positive mood[†]
- supports stress resilience[†]
- enhances feelings of emotional well-being[†]

[†]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.[†]

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
and Mood Support[†]

Dietary Supplement
72 Capsules

contains
**No
Stimulants!**

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 72

Amount Per Serving

Shoden [®] ashwagandha (<i>Withania somnifera</i>) root and leaf extract	30 mg*
Withanolide glycosides	10.5 mg*
Rhodiola root powder	25 mg*
5-HTP (5-Hydroxytryptophan) (from <i>Griffonia simplicifolia</i> seed extract)	50 mg*
Lithium orotate	4 mg*
Lithium	.16 mg*

* Daily Value not established

Other Ingredients: Rice Flour, Gelatin (Capsule), Magnesium Stearate

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



Manufactured in
the U.S.A. in a GMP
certified facility for
Vitalast[®] LLC
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