

**SUGGESTED USE:** 1 capsule taken 1 to 2 times daily preferably with meals or as directed by a healthcare professional.

**CAUTION:** Do not exceed recommended dosage. Avoid driving or operating heavy machinery while taking this product. Not recommended for pregnant or nursing mothers or children under 18 years of age. St. John's Wort may contribute to photosensitivity resulting in skin irritation and redness in persons exposed to strong sunlight or tanning booths. Not for use by individuals with a known medical condition including liver disease, bipolar (manic) depression or anyone taking prescription medications including antidepressants or MAO inhibitors. If you have questions about the advisability of taking this product, consult your physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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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Proverbs 12:25

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MOOD SUPPORT

# Quiet Revelation

with Ashwagandha, GABA, Chamomile, 5-HTP &  
St. John's Wort

**120** Vegetable  
Capsules  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Vegetable Capsule  
Servings Per Container: 120

Amount Per Serving	%Daily Value
Thiamin (as thiamine HCl)	2 mg 167%
Riboflavin	2 mg 154%
Niacin (as niacinamide)	10 mg 63%
Vitamin B-6 (as pyridoxine HCl)	10 mg 588%
Folate	85 mcg DFE 21% (50 mcg folic acid)
Vitamin B-12 (as cyanocobalamin)	100 mcg 4167%
Calcium (as calcium carbonate)	50 mg 4%
Magnesium (as magnesium oxide)	50 mg 12%
Ashwagandha Root (4.5% extract)	47 mg †
GABA (gamma-Aminobutyric acid)	100 mg †
Chamomile Flower (4:1 extract)	100 mg †
5-HTP (5-Hydroxytryptophan) ( <i>Griffonia simplicifolia</i> seed)	50 mg †
St. John's Wort 0.3% Extract (aerial parts)	25 mg †

† Daily Value not established.

**Other ingredients:** Microcrystalline cellulose, vegetable cellulose (with chlorophyll), vegetable stearic acid, vegetable magnesium stearate, silicon dioxide and natural vanilla flavor (added for aroma).

**KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

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