

## "Healthy Mood Enhancer"

- Nicknamed "The Happy Pills"
- Helps boost your mood
- Alternative to Xanax
- Relieves stress & anxiety
- Helps with addictions

- Increases natural energy
- Increases serotonin levels
- Curbs craving
- Feeling of fullness
- Supports lowering blood sugar

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INGREDIENT	BENEFITS
Vitamin B6	Protects against heart and kidney diseases. Aids in proper functioning of nervous system. Beneficial in treating premenstrual syndrome. Boosts immune system and improves metabolic rate. Aids in healthy hormones in the body. Gives relief from emotional disorders and disturbances. Helps treat eczema, dandruff, acne, hair loss.
Chromium	Chromium helps metabolize carbohydrates. It monitors blood sugar levels, and helps stabilize blood sugar. It can also prevent hypertension or high blood pressure. Additionally, it reduces hunger, which aids in weight loss.
Citrus Aurantium	Increases metabolism, energy and physical performance. Works as an appetite suppressant. Promotes weight loss and accelerates removal of unwanted fat stores. Helps with chest congestion and good expectorant for coughs. Calms the nerves. Stimulates gastrointestinal functions and is good for digestive disorders like nausea, bloating, indigestion, abdominal pain, and constipation.
L-tyrosine	People take tyrosine for depression, attention deficit disorder (ADD), attention deficit-hyperactivity disorder (ADHD), the inability to stay awake (narcolepsy), and improving alertness following sleep deprivation. It is also used for stress, premenstrual syndrome (PMS), Parkinson's disease, Alzheimer's disease, chronic fatigue syndrome (CFS), alcohol and cocaine withdrawal, heart disease and stroke, ED (erectile dysfunction), loss of interest in sex.
Slendesta Potato Extract	Slendesta is promoted to be a weight loss facilitator as it helps people feel full sooner and for a longer period of time.
Phospholean EGCG	EGCG is a flavonoid that it is believed can behave as a highly effective antioxidant, which is helpful for reducing the damage made by free radicals to the cells of the body. EGCG can also increase the rate of fat oxidation in the body, thus increasing body fat utilization for energy (fat burning). EGCG are recognized much more for their benefits in preventing cancer than any impact on weight loss.
Yerba Mate (leaf)	Aids in reducing complications from hyperglycemia in diabetes. Helps prevent infections caused by E. coli bacteria. Useful in reducing obesity and managing weight. Helps in protecting body against cancer. Reduces risk of damage to liver and heart. Beneficial in reducing inflammation and improving overall health. Protects against cardiovascular diseases such as atherosclerosis.
Maca (root)	Helps increase energy and endurance, improves sexual function, balances mood, better sleep, increases memory and brain power, helps with stress, anti-aging, anti-acne, helps reduce aches and pains, reduces symptoms of PMS and menopause, reduces hair loss.
Fibersol-2	Helps maintain regularity, blood glucose levels, and healthy level of triglycerides and serum cholesterol. Aids in the growth of beneficial bacteria in the colon.
Panax Ginsing (root)	Prolongs life and treat many ailments including depression, diabetes, fatigue, aging, inflammations, internal degeneration, nausea, tumours, pulmonary problems, dyspepsia, vomiting, nervousness, stress, and ulcers.
5-HTP	Used for sleep disorders, depression, anxiety, migraine and tension-type headaches, Fibromyalgia, binge eating associated with obesity, premenstrual syndrome (PMS), premenstrual dysphoric disorder (PMDD), attention deficit-hyperactivity disorder (ADHD), and along with prescription drugs to treat seizure disorder and Parkinson's disease. Used as an anti-depressant and indicated for improvement in migraines.

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