Positive Thoughts™

Bio-Aligned Formula™ * Features St. John's Wort



enlarge bottle

Positive Thoughts is a Bio-Aligned Formula featuring St. John's wort. This botanical, which is well known for its balancing properties, has been shown in studies to help support a positive outlook and sense of well-being. Positive Thoughts combines St. John's wort with additional herbs and nutrients to address the interrelated systems and functions involved with emotional balance: support for inhibitory, stimulating and balancing neurotransmitters, and energy metabolism.

Supplement Facts

Serving Size: 3 tablets

	Amount	%DV
Vitamin C (as zinc ascorbate)	55 mg	0.9
Thiamin (vitamin B-1)	25 mg	16.67
Riboflavin (vitamin B-2)	25 mg	14.71
Niacinamide	50 mg	2.5
Vitamin B-6 (as pyridoxine HCl)	50 mg	25
Folate (as folic acid)	400 mcg	1
Vitamin B-12 (as cyanocobalamin)	30 mcg	5
Biotin	300 mcg	1
Pantothenic Acid (as calcium D-pantothenate)	25 mg	2.5
Magnesium (as magnesium oxide & taurinate)	195 mg	0.49
Zinc (as zinc ascorbate)	10 mg	0.67
Manganese (as manganese citrate)	3 mg	1.5
St. John's Wort Extract (0.3%)	900 mg	†

In - Depth Info



PDF **Bio-Aligned™ Brochure**

Feeling symptom free means you're happy just to be alive and breathing. Your mood is positive,...



PDF **Positive Thoughts™**

A Bio-Aligned Formula supporting the interrelated systems and functions involved with emotional...



PDF **Positive Thoughts™ chartbook**

Ahealthy positive outlook depends on more than one chemical pathway of brain metabolism. Positive...

Related Symptoms

Mood

Brain Support

Related Articles

Bio-Aligned Chart

Positive Thoughts™ • St. John's Wort Complex to Support a Good Mood

Those interested in this product also viewed



Life Force™ Multiple

Bio-Aligned Formula™ * Daily Energy Booster * Capsules and Tablets

Yielding 2.7 mg Hypericin		
GABA (gamma amino butyric acid)	300 mg	†
L-Tyrosine	200 mg	
Taurine (as magnesium taurinate)	200 mg	†
Lemon Balm Leaf	100 mg	†
Valerian Root Extract	100 mg	†
Yielding 800 mcg Valerenic Acids		
L-Phenylalanine	100 mg	
DMAE (as bitartrate)	60 mg	†
N-Acetyl L-Tyrosine	50 mg	

Other Ingredients: dibasic calcium phosphate, stearic acid, acacia gum, modified cellulose gum, colloidal silicon dioxide and magnesium stearate.

Warning: Contains phenylalanine and tyrosine. Not to be used by phenylketonurics, pregnant or breastfeeding women, or with antidepressant drugs containing MAOI's or SSRI's. If you have chronic high blood pressure, consult your health care professional before taking this product.

Suggested Use: One tablet 3 times daily. For optimal absorption, take between meals or with a carbohydrate meal. One tablet can be taken before bedtime. For best results, use this product for at least 6 weeks, although benefits may be experienced sooner.

SN0348 45 tabs • SN0349 90 tabs



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