Inner Sun®

FEATURING ST. JOHN'S WORT

4Life®

Inner Sunshine Feeling

Life can come at you fast. With all you've got going on—work, kids, spouse, PTA meetings, soccer games, laundry—it can be challenging to keep all those balls in the air and still keep a happy, upbeat attitude. Managing the stress in your life in a positive way can go a long way to living a healthy, happy life. One crucial component is providing your body with nutritional supplementation that supports an overall feeling of wellness.

Inner Sun from 4Life® combines ingredients to help support a positive mood and promote general well-being. It begins with St. John's Wort and continues with support ingredients such as chamomile, rosemary, and hawthorn for a complete mood-balancing formula that helps your body support its natural tendency to "get up and go!"

Key Points

- **Promotes Positive Mood:** St. John's Wort, or Hypericum-perforatum, an herb well known for its ability to support a feeling of well-being, provides the base for the Inner Sun formula. St. John's Wort is one of the most widely used and accepted herbs available today. Chamomile, rosemary, and hawthorn provide further support for a positive, calm state of mind.

- **Supports Healthy Energy Levels and General Wellness:** Inner Sun contains the B vitamin complex, including B6, B12, riboflavin, thiamin, biotin, folic acid, niacin, and pantothenic acid, to provide important support for the energy production cycle within your body. Both rosemary and hawthorn also offer general health support, including powerful antioxidant properties.

Did you know?

Understanding how stress affects you personally can be an important key to unlocking your specific code for stress management. 4Life offers the BioSignature®, a comprehensive assessment tool that addresses your unique needs as an individual. The Reflect portion of the assessment focuses on your individual personality profile. To find out more about the BioSignature tool, speak with a 4Life Distributor.

St. John's Wort has enjoyed over two thousand years of history as a natural supplement. In the last fifteen years its health properties have been re-discovered, becoming widely used in Europe, Asia, and the United States.

Technical Points

- St. John's Wort, a hardy plant with yellow flowers, contains several chemical compounds that may be responsible for the herb's health benefits. A few of the active ingredients include the compounds herpericin and hyperforin.

- Researchers have discovered a possible connection between your emotions and your physical body. Constructively expressing emotion helps keep the lines of communication open in the body, especially the flow of peptides, small chains of proteins thought to be linked to emotions. Peptides exist everywhere in the body, including the immune and digestive systems.

DIRECTIONS: Take one (1) capsule four times daily with 8 oz of fluid.

Serving Size: One (1) capsule
Servings Per Container: 120

Supplement Facts

Amount Per Serving		%DV
Thiamin (as thiamine mononitrate)	1 mg	63%
Riboflavin (vitamin B2)	1 mg	65%
Niacin (as niacinamide)	13 mg	63%
Vitamin B6 (as pyridoxine hydrochloride)	1 mg	65%
Folic Acid	29 mcg	7%
Vitamin B12 (as cyanocobalamin)	4 mcg	72%
Biotin	22 mcg	7%
Pantothenic Acid (as calcium pantothenate)	7 mg	72%
St. John's Wort Extract(aerial parts) (0.3 % hypercin)	300 mg	*
English Chamomile (flower)	20 mg	*
English Hawthorne (berry)	20 mg	*
Choiline (as choline bitartrate)	19 mg	*
Hops (flower)	10 mg	*
Rosemary (leaf)	10 mg	*
Inositol	9 mg	*
para-Aminobenzoic Acid (PABA)	20 mg	*

*Daily Value (DV) not established

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Other Ingredients: gelatin capsule, rice bran, magnesium stearate

Ordering Information

Item # 7100 - 120 ct/bottle

Item # 7102 - 12 for the price of 11

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