

ESTEEM

LifeSupport

HERBALS

MELLOW OUT

FIGHTS STRESS & ANXIETY

MAXIMUM
POTENCY HERBS

MELLOW OUT promotes peace of mind, controls moods and emotions naturally. It provides a sense of well-being while reducing stress and anxiety the way nature intended.

MELLOW OUT is a powerful combination of synergistic herbal ingredients especially designed to give you the comforting results you have come to expect from ESTEEM's *LifeSupport* HERBALS.

Experience the satisfaction of being comforted by the soothing powers of nature with **MELLOW OUT**.

Each capsules contains:

St. John's Wort 0.3% pwd/ext.....	150 MG
Kava Kava 30% pwd/ext.....	125 MG
Melatonin.....	500 mcg
Skull Cap herb.....	50 MG
Red Clover blossoms.....	50 MG
Passion Flower herb (Frz Dried).....	50 MG
Valerian root.....	40 MG
Gambir (Black Catechu) leaf.....	30 MG
Hops flowers.....	25 MG
Blessed Thistle herb.....	25 MG
Cayenne.....	15 MG

ESTEEM PRODUCTS LTD. Bellevue, WA

www.esteemproducts.com

Mellow Out

St. John's Wort

Helps to improve depressive symptoms, including anxiety, apathy, insomnia, depression, and feelings of worthlessness.

Kava Kava

A relaxant and sleep aid. Contains mildly psychoactive properties which induce a feeling of relaxation, peace, contentment and sharpening of the senses.

Melatonin

When not used in therapeutic dosages, produces a relaxing and calmative effect.

Skull Cap herb

Used for nervousness, insomnia, alcohol and drug withdrawal, epilepsy and chorea. It relaxes nervous tension, induces inner calm, and counteracts sleeplessness.

Red Clover blossoms

A relaxant. Also acts as an antibiotic, appetite suppressant and blood purifier.

Passion Flower herb

A natural calmative used to induce relaxation.

Valerian root

Used for improving emotional tension disturbances, sleep quality, and behavioral disorders.

Gambir (Black Catechu) leaf

Helps to lower blood pressure and reduces platelet aggregation.

Hops flowers

Research indicates hops can relax smooth muscles as well as act as a sedative.

Blessed Thistle herb

Is a general tonic for the stomach and helps indigestion by promoting the flow of bile.

Cayenne - An herbal assimilator.

Suggested Use: 1-2 Caps as needed

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