



# MELLOCAPS™

**Help Support a Calm and Balanced Mood\***

Dear Valued Customer,

Thank you for purchasing MelloCaps. MelloCaps is a dietary tool formulated to help provide daily support for your healthy lifestyle choices.\* Carefully read and follow these directions. We are dedicated to your success with MelloCaps. Please contact us if you have any questions or comments.

## IMPORTANT – PLEASE READ

- If pregnant or breastfeeding, take only as directed by your physician.
- Keep out of reach of children.
- Store in a cool, dry place.
- If tamper-resistant seal is broken, do not use.

**Serving Size-** As a dietary supplement, take one (1) or two (2) capsules as needed. Do not exceed more than eight (8) capsules per day.

**Caution:** Do not use if you have a thyroid disorder or in combination with sedatives, monoamine oxidase inhibitors (MAOIs), anticoagulants, antiplatelets, or coagulants, or anti-anxiety agents. If you have a medical condition or are taking prescription drugs, please consult your health care professional prior to use. If pregnant or nursing, consult with your health care professional before taking this product.

**Side Effects** – MelloCaps is formulated with botanicals, vitamins, and minerals to support your healthy lifestyle\*. If you experience a rare side effect or an allergic reaction, consult your health care professional immediately and then contact our customer service department.

**Complete Nutrition-** Cellular nourishment is critical to health, but many modern diets lack vital nutrients bodies need to support sustainable health. We suggest visiting these websites; [www.vita-female.com](http://www.vita-female.com) or [www.vita-male.com](http://www.vita-male.com), for information on additional nutrition support.

**Diet-** Choose foods with a beneficial effect on the body, such as raw fruits and vegetables, whole grains, pastured meats, healthy legumes and nuts. Also remain hydrated during the day with pure water. Limit or avoid acidic substances such as sodas, candy and alcohol. Avoid processed, prepackaged and fast foods.

**Exercise-** Only 15-30 minutes of light to moderate exercise per day is beneficial for everyone. Walking, riding a bike and taking the stairs instead of the elevator are small ways to incorporate more movement into your daily routine. Work with your health care professional to develop a healthy exercise regimen.

**Keep With the Program-** Take MelloCaps for at least 30 days to experience a full difference. To maintain this healthy difference, we recommend you continue to take MelloCaps for 3-6 months. Keep a detailed journal to evaluate your progress.

**Prescription Medications-** If you are taking prescription medication, please consult your health care professional before taking MelloCaps. Do not change your prescription medication regimen without first consulting your health care professional. Take MelloCaps an hour before taking prescription medications.

**Success Stories-** Tell us your success story! Please visit [www.hellolife.net/reviews/](http://www.hellolife.net/reviews/) to share your story, or call our customer service line at 1.866.504.7557.

**Return Policy-** Visit [www.hellolife.net/terms-of-service](http://www.hellolife.net/terms-of-service) for a copy of our return policy.

**Questions?** If you have any questions, please email us at [service@hellolife.net](mailto:service@hellolife.net) or call 1.866.504.7557.

[www.hellolife.net](http://www.hellolife.net)  
International: 1.616.551.4246  
Customer Service: 1.866.504.7557  
Sales: 1.800.875.0850

**\*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.**