

# Strawberry Gummies for Stress Relief and Improved Mood\*

## CHEER UP & CHILL OUT | STRESS REDUCER & MOOD BOOSTER

Shake off stress and go to your happy place. These strawberry-flavored gummies are formulated with ashwagandha and clinically tested L-theanine to lower stress levels so you can embrace your zen plus B vitamins and clinically tested saffron to help lift your mood.\* Because when stress is low and spirits are high, you can handle anything.

#21509 | 30 SERVINGS  
RETAIL PRICE: \$38.80 | MEMBER PRICE: \$33.00



RESET YOUR MINDSET WITH JUST ONE GUMMY

## Why We Love It

- Helps quickly reduce feelings of stress with ashwagandha and a clinically tested amount of L-theanine\*
- Supports an enhanced sense of well-being with clinically tested saffron\*
- Fills nutrient gaps that may negatively affect mood with vitamins B6 and B12\*
- Available in a strawberry-flavored gummy
- Vegan, Gluten-Free, Non-Dairy

**DIRECTIONS:** Take one gummy. Inhale joy, exhale stress.

Supplement Facts		
Serving Size: 1 Gummy (4 g)		
Servings per Container: 30		
	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	3 g	1%**
Total Sugars	2 g	†
Includes 2 g Added Sugars		4%**
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	17 mg	1,000%
Vitamin B <sub>12</sub> (as cyanocobalamin)	24 mcg	1,000%
L-Theanine	100 mg	†
Ashwagandha Root Extract	50 mg	†
Saffron Extract	30 mg	†

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
†Daily Value (DV) not established.

**Other Ingredients:** Tapioca Syrup, Sugar, Water, Pectin, Natural Flavors, Lactic Acid, Malic Acid, Citric Acid, Monk Fruit Extract.

\*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





## FAQS

### WHAT INGREDIENTS ARE IN CHEER UP & CHILL OUT?

Cheer Up & Chill Out contains ingredients for both stress and mood.\* It contains 100 mg L-theanine and 50 mg ashwagandha along with 30 mg saffron and vitamins B6 and B12.

### HOW DOES L-THEANINE HELP REDUCE STRESS?

L-theanine supports relaxation and stress reduction by increasing alpha wave activity, a specific type of electrical brain wave associated with a calm, relaxed, and focused state. This shift in brain wave activity leads to a sense of calm without inducing drowsiness.\*

### HOW DOES SAFFRON HELP SUPPORT A POSITIVE MOOD?

Saffron helps elevate mood by modulating the level of certain neurotransmitters in the brain. It helps boost the production of serotonin, the neurotransmitter linked to feelings of well-being and happiness. Saffron also helps regulate cortisol, the stress hormone that helps us respond to stressful situations.\*

### WHAT ROLE DO B VITAMINS PLAY IN MOOD?

Vitamins B6 and B12 are required to produce serotonin and dopamine, key neurotransmitters that influence mood and feelings of well-being. Research has shown that low levels of these B vitamins can have negative effects on mood.\*

### WHO SHOULD USE CHEER UP & CHILL OUT?

Cheer Up & Chill Out is ideal for those seeking a convenient, fast-acting solution that addresses both stress and mood.\* If you prefer gummies, this product is a perfect option.

### CAN I USE CHEER UP & CHILL OUT WITH STRESS RELIEF COMPLEX\*\*?

We recommend that you use either Cheer Up & Chill Out or Stress Relief Complex\*. Not both.

### CAN I USE CHEER UP & CHILL OUT WITH MOOD LIFT COMPLEX\*\*?

We recommend that you use either Cheer Up & Chill Out or Mood Lift Complex\*. Not both.

### DOES CHEER UP & CHILL OUT HAVE A FLAVOR?

Yes, Cheer Up & Chill Out is a strawberry-flavored gummy.

### HOW MANY GUMMIES CAN I TAKE PER DAY?

We recommend you take one Cheer Up & Chill Out gummy per day, with the option to increase to two per day as needed.

### IS IT SAFE TO USE CHEER UP & CHILL OUT IF I AM CURRENTLY TAKING MEDICATIONS OR HAVE A MEDICAL CONDITION?

Consult with your physician before using Cheer Up & Chill Out if you have a medical condition, are taking a prescription medication, or are concerned about how you will react to the gummy.

### CAN THIS PRODUCT BE USED WHEN PREGNANT OR NURSING?

Cheer Up & Chill Out is not recommended for use by pregnant or nursing women.

### CAN THIS PRODUCT BE USED BY CHILDREN?

Cheer Up & Chill Out is formulated for adults and is not recommended for use by children under the age of 18.

### IS CHEER UP & CHILL OUT VEGAN?

Yes

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CHEER UP & CHILL OUT

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**IS CHEER UP & CHILL OUT KOSHER CERTIFIED?**

No

**IS CHEER UP & CHILL OUT GLUTEN-FREE?**

Yes

**IS CHEER UP & CHILL OUT NONDAIRY?**

Yes

**IS CHEER UP & CHILL OUT SUGAR-FREE?**

No. Cheer Up & Chill Out is not sugar-free. It contains 2 g of cane sugar per gummy.

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# Strawberry Gummies for Stress Relief and Improved Mood\*



**Cheer Up & Chill Out**



**Stress Relief Complex\***

<b>Description</b>	Strawberry gummies for stress relief and improved mood*	Stress-reducing blend of calming herbs and nutrients*
<b>Ingredients</b>	<ul style="list-style-type: none"> <li>• L-theanine – 100 mg</li> <li>• Ashwagandha – 50 mg</li> </ul>	<ul style="list-style-type: none"> <li>• L-theanine – 100 mg</li> <li>• Ashwagandha – 100 mg</li> <li>• L-tyrosine – 100 mg</li> <li>• Beta-sitosterol – 60 mg</li> </ul>
<b>Other Ingredients</b>	<ul style="list-style-type: none"> <li>• Saffron – 50 mg</li> <li>• Vitamin B6 – 17 mg</li> <li>• Vitamin B12 – 24 mcg</li> </ul>	N/A
<b>Form</b>	Gummy	Caplet
<b>Flavor</b>	Strawberry	N/A
<b>Points of Difference</b>	<ul style="list-style-type: none"> <li>• Added mood-boosting benefits</li> <li>• Fruit-flavored gummy</li> </ul>	<ul style="list-style-type: none"> <li>• Caplet</li> </ul>
<b>Who is this for?</b>	Designed for those looking to reduce their stress and boost their mood in a convenient gummy supplement	Tailored for those looking for stress relief in a traditional caplet form

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# Strawberry Gummies for Stress Relief and Improved Mood\*



## Cheer Up & Chill Out



## Mood Lift Complex\*

<b>Description</b>	Strawberry gummies for stress relief and improved mood*	Mood-boosting blend of uplifting herbs*
<b>Ingredients</b>	<ul style="list-style-type: none"> <li>• Saffron – 50 mg</li> <li>• Vitamin B6 – 17 mg</li> <li>• Vitamin B12 – 24 mcg</li> </ul>	<ul style="list-style-type: none"> <li>• St. John’s Wort – 900 mg</li> <li>• Eleutherococcus senticosus, Green oat extract – 200 mg</li> <li>• Inositol – 1 g</li> </ul>
<b>Other Ingredients</b>	<ul style="list-style-type: none"> <li>• L-theanine – 100 mg</li> <li>• Ashwagandha – 50 mg</li> </ul>	N/A
<b>Form</b>	Gummy	Caplet
<b>Flavor</b>	Strawberry	N/A
<b>Points of Difference</b>	<ul style="list-style-type: none"> <li>• Added stress-reducing benefits</li> <li>• Fruit-flavored gummy</li> </ul>	<ul style="list-style-type: none"> <li>• Caplet</li> </ul>
<b>Who is this for?</b>	Designed for those looking to elevate their mood and quickly reduce their stress in a convenient gummy supplement	Tailored for those looking to elevate their mood with St. John’s Wort in a traditional caplet form

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