



Mood and Wellbeing

Stress and negative experiences can sometimes mess up our hormonal balance.

SUNLIFE® Be Happy tablets contain important building blocks for the production of serotonin, the "feel good hormone".

Zinc and magnesium have a role in the regulation of neurotransmitters which are involved in emotional processes.

Ginseng is a key player in traditional medicine where it is used to treat anxiety and depression and for the prevention of stress-associated diseases.

Composition per daily dosage (1 tablet)

- 400 mg L-Tryptophane (**)
- 100 mg Ginseng extract (**)
- 40 mg Alpha-Lipoic acid (**)
- 100 mg Magnesium (27% NRV*)
- 5 mg Zinc (50% NRV*)
- 2,1 mg Vitamin B6 (150% NRV*)
- 200 µg Folic acid (100% NRV*)
- 7,5 µg Vitamin D3 (150% NRV*)

* NRV – nutrient reference values

** no NRV available



- ✓ Free of gluten
- ✓ Free of lactose