

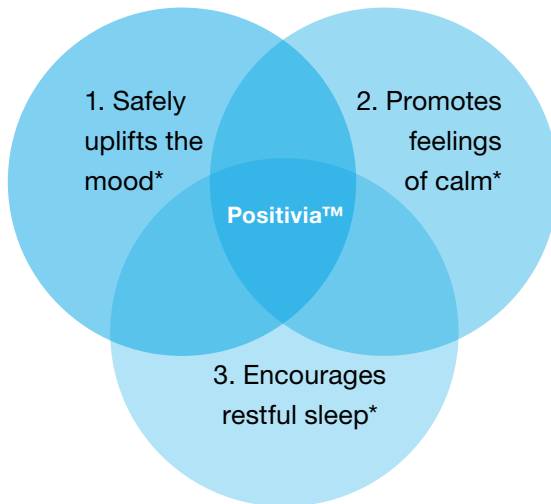
## Why Feeling Better Isn't Always Easy

Feeling good isn't simple, and feeling better when you're already down can be even harder.

What's important to remember is that low mood doesn't usually occur in isolation. It's typically accompanied by feelings of occasional stress, and oftentimes, being stressed can affect the quality of your sleep. Then, to make matters worse, lack of sleep can cause your mood to deteriorate further, sending you into a vicious downward spiral.

Unfortunately, most mood support supplements address either low mood or occasional stress or temporary sleeplessness, when many people need help with all three. Positivia™ is a holistic solution that helps stabilize all three aspects of the mood equation in one safe, powerful formula.\*

## The Triple Action of Positivia™



For studies on each ingredient, please visit:

[www.humanclinical.org](http://www.humanclinical.org)

## Supplement Facts

Serving Size: 3 capsules      Servings Per Container: 30

Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	600 IU 150%
Folate (as Quatrefolic®) [6S]-5-methyltetrahydrofolic acid equivalent to 1.6 mg of [6S]-5-methyltetrahydrofolic acid, glucosamine salt	400 mg 100%
Venetron® rafuma leaf extract <i>Apocynum venetum</i>	125 mg †
Rhodiola root extract (Standardized to 3% salidroside {8.28 mg})	276 mg †
Lavender Oil (flower)	80 mg †

† Daily value not established.

Other ingredients: maltodextrin, vegetable cellulose, silica, L-leucine, sucrose, modified starch.

This product is gluten-free.



## Our Commitment to Clinical Efficacy

Every ingredient validated by human studies.  
Every dosage consistent with clinical research.  
No exceptions. No compromises.

**QOL Labs®, LLC**

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# Positivia™

QOL LABS®

with Venetron®, Rhodiola,  
Lavender Oil, and Folate

Safely uplifts the mood\*

Promotes feelings of calm\*

Encourages restful sleep\*

\* 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.

## Safely uplifts the mood\*

Every ingredient in Positivia™ has been clinically shown to support a positive mood.\*

- **Venetron®**, a patented extract of the herb *Apocynum venetum*, has been shown in several double-blind human clinical trials to support a positive mood.\* It has many of the same active constituents as St. John's wort, but it is safe to use with common pharmaceuticals.\*
- The Arctic herb **rhodiola** increases levels of key neurotransmitters — including norepinephrine, dopamine, and serotonin — that undergird positive mood.\*
- **Lavender oil** blocks the action of the excitatory neurotransmitter glutamate.\* Research suggests overstimulation of glutamate receptors is linked to low mood.
- Low levels of vitamin D and folate have also been linked to blue mood.\* Positivia™ features the most bioavailable forms of these nutrients: vitamin D as **vitamin D<sub>3</sub>**, which is better absorbed than vitamin D<sub>2</sub>, and **folate** as **Quatrefolic®**, which is structurally similar to the active form of folate used by the body.

Ingredient	Daily Dose Used in Human Studies	Daily Dose Used in Positivia™§
Venetron®	25–125 mg	125 mg
Rhodiola root extract	8.28 mg salidroside	8.28 mg salidroside
Lavender Oil	80 mg	80 mg
Vitamin D	400–800 IU	600 IU
Quatrefolic® (folate)	200–400 mcg	400 mcg

§Serving size: 3 capsules • Daily dose: 3 capsules

## Promotes feelings of calm\*

The herbs in Positivia™ have been clinically shown to help alleviate occasional stress, thereby inducing feelings of calm and relaxation.\*

- In addition to lifting mood, **Venetron®** has been shown to calm simple nervous tension.\* In fact, it reduces the secretion of chromogranin A, a stress marker, in students undergoing cognitive-related stress.\*
- **Rhodiola** is an adaptogen, a substance that helps the body adapt to physical, emotional, and environmental stressors.\* How? Most likely through its ability to decrease levels of the stress hormone cortisol.\*
- **Lavender oil** has also been shown to help alleviate feelings of everyday tension, possibly by increasing the expression of the calming neurotransmitter GABA.\*



## Encourages restful sleep\*

It's impossible to feel your best if you're not sleeping well. That's another reason why Positivia™ includes Venetron® and lavender oil.

- **Venetron®** has been clinically shown to improve sleep quality — in other words, how deep and refreshing sleep is.\* It is particularly effective for people who tend to wake up in the middle of the night or early in the morning and have difficulty falling back asleep.\*
- **Lavender oil** also helps people sleep longer and more restoratively.\* It has been found to significantly reduce how often people wake in the middle of the night, how long they stay awake when they do, and how tired they feel in the morning.\*

No one enjoys feeling down, but the good news is, you don't have to live with low mood anymore. Unlike single-focus products, which are limited in their efficacy, Positivia™ delivers three-pronged action that helps support a positive mood, feelings of calm, and restful sleep, providing a holistic solution to help you feel like your best self again.\*



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