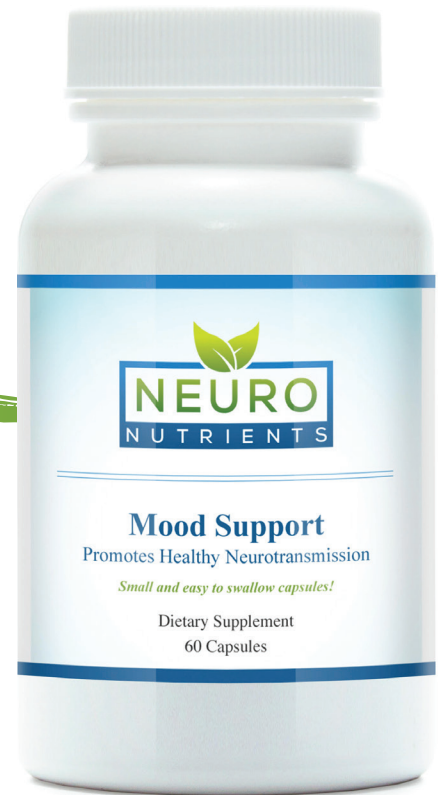




Mood Support

Promotes Healthy Neurotransmission



Directions:

Ages 6-8 years take 1 capsule daily, ages 9+ years take 2 capsules daily, or take as directed by your healthcare provider. Take with food.

Serving Size: 2 capsules (size 3 caps) for a 30 day supply

Ingredients:

Riboflavin (Riboflavin 5 Phosphate) 10.00 mg, Vitamin B-6 (Pyridoxal 5 Phosphate) 10.00 mg, 5-methyltetrahydrofolate, calcium salt, 5000.00 mcg (8500 mcg DFE), Folic Acid (Folate) 2500.00 mcg (4250 mcg DFE), Methylcobalamin (Vitamin B-12) 1000.00 mcg, Zinc (TRAACS® Zinc Bisglycinate Chelate) 23.00 mg, **Myo-Inositol 300 mg**, L-5-Hydroxytryptophan (5-HTP) 100.00 mg, **Zaffronel®** (Saffron Extract, crocus sativus, 2% safranal) 30.00 mg,

Clinical Applications:

- Designed to support optimal production of neurotransmitters
- Promotes a healthy and bright mood
- Supports emotional regulation and balance
- Supports coping with anxious feelings
- Supports healthy eating behaviors
- Supports calming irritability and moodiness when on stimulant medications for ADHD

Description:

Many parents and patients want to explore what they can do to naturally address their mood without using pharmaceutical options as the first step. Mood Support was formulated using evidence based science, and years of clinical experience in functional and integrative medicine, to carefully formulate this unique nutraceutical combination to support mood naturally. This product includes a unique combination of amino acids, bioactive nutrients, minerals, and herbal ingredients that help optimize neurotransmitter production and promote a healthy and balanced mood.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure, or prevent any disease.

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Zaffronel® is a standardized saffron extract., 2.0% Safranal, 2.5% Crocin, and 3.0% Picrocrocin, is grown and manufactured in Spain, using a proprietary method to ensure the highest quality extraction and standardization, of the the sargol stigmas from the Crocus Sativus L. Plant.

Caution: If you are pregnant, nursing or taking any medications for psychiatric purposes such as anxiety or depression, consult your health care professional before taking this product.

Suggested Use: Ages 6-8 years take 1 capsule daily, ages 9+ years take 2 capsules daily, or take as directed by your health care provider. Take with food.

Store in a cool, dry place with the lid tightly closed. Keep out of reach of children.

CAUTION: If you are pregnant, nursing or taking any medications for psychiatric purposes such as anxiety or depression, consult your health care provider before taking this product.

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.

Manufactured for:
 Neuro Nutrients
 5501 Balcones Drive, Suite A, #305
 Austin, Texas 78731
 (512) 599-8850
Made in a GMP Compliant Facility in the U.S.



Mood Support

Promotes Healthy Neurotransmission

Small and easy to swallow capsules!

Dietary Supplement
 60 Capsules

Supplement Facts

Serving Size 2 Capsules
 Servings Per Container 30

	Amount Per Serving	%DV
Riboflavin (as Riboflavin 5 Phosphate)	10 mg	769%
Vitamin B6 (as Pyridoxal 5 Phosphate)	10 mg	588%
Folate (as 5-methyltetrahydrofolate, calcium salt)	8500 mcg DFE (5000 mcg)	2125%
Folate (as folic acid, calcium salt)	4250 mcg DFE (2500 mcg)	1063%
Vitamin B12 (as Methylcobalamin)	1000 mcg	41667%
Zinc (as TRAACS® Zinc Bisglycinate)	23 mg	209%
Myo-Inositol	300 mg	†
L-5-Hydroxytryptophan (5-HTP) (Griffonia simplicifolia)(seed extract)	100 mg	†
Zaffronel® saffron extract (Crocus sativus, stigmas) [std. to 2% safranal]	30 mg	†

† Daily Value (DV) not established

Other ingredients: Micro Crystalline cellulose (USP), Vegetable Capsule (cellulose, purified water), Wheat Free, Dairy/ Milk Free, Free of Artificial Colors/Flavors, Egg Free, Shellfish Free, Tree Nut Free, Peanut Free

Formula Ingredient And Peer Reviewed Supportive References:

Zinc (TRAACS® Zinc Bisglycinate Chelate)

Zinc is an essential mineral needed for the brain and body to thrive. Zinc is involved in numerous mechanisms of cellular metabolism, playing a role in growth and development, immune function, DNA synthesis, healthy neurotransmission and more. Because the body does not store excessive zinc, a regular dietary intake must be consumed to have ideal levels in the body. Dietary sources of zinc come primarily from animal protein, with oysters being the highest, second to beef and then crab (3). Lower levels of serum zinc have been associated in population studies to correlate with 28% higher levels of depression (2, 4). Clinical and peer reviewed science demonstrate zinc can reduce and/or alleviate depression (5). When added as an adjunct therapy to prescription medication for depression, zinc also demonstrated improvement in depressive symptoms (1).

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L-5-hydroxytryptophan (5-HTP)

L-5-hydroxytryptophan (5-HTP) is an amino acid that is the precursor of the mood regulating neurotransmitter serotonin and is made from L-tryptophan. Healthy levels of serotonin are needed for regulating mood, appetite, and sleep. Giving 5-HTP as an amino acid supplement is bioavailable to the brain and body because it does not have to be converted by the enzyme tryptophan hydroxyls (which some individuals have limitations in their conversions) and more easily crosses through the blood brain barrier (1). Patients who have taken 5-HTP for depression have seen improvements in their symptoms and have shown increased rates of depression remission (3). In adults, 5-HTP was demonstrated to be equally as effective to those taking it for depression as fluoxetine (otherwise known as Prozac) (2).

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Methylated and Bioactive B Vitamins: Folate (methyl and folinic), B6 (pyridoxal 5 phosphate), B2 (riboflavin 5 phosphate), and B12 (methylcobalamin)

The blend of bioactive B vitamins were thoughtfully chosen for Mood Support because of their role in supporting healthy nervous systems, supporting methylation, growth and development, and improving mood and nervous system regulation. Folate, otherwise known as a water soluble B9 vitamin, is found most abundantly in food sources such as beef liver, boiled spinach, black eyed peas (8). In supplement form it is available in synthetic and more natural and active forms. Avoiding the synthetic form of folate known as folic acid, and including the types of reduced folates that support growth and development (folinic acid) help overcome genetic mutations that impair folate reduction (such as MTHFR) which was an essential part in creating this formula. In addition, folinic acid and methyl folate are more easily absorbed in the nervous system and brain, which also was a critical decision in product development. Food sources of B12 come primary from animal protein, most abundantly in beef liver, tuna, and clams. The absorption of B12 from food varies drastically from patient to patient, as some patients have genetic mutations that impede absorption via their intrinsic factors and transport genes that ultimately deliver B12 into the nervous system and brain. The bioavailability of B12 is nearly 50% higher when taken in supplement form (7). Folate and B12 deficiency has been demonstrated as a correlative factor in depression (4,10). Studies have shown taking folate with antidepressant medications can improve treatment response to major depressive disorders (2,9). In fact, mental health providers often use prescription forms of folate (the same ingredient used in Mood Support) such as Deplin or Enlyte, as a single agent to treat depression or as an adjunctive agent to improve depression treatment response (11). An important mechanism in the body using reduced folates is its ability to facilitate the clearance of homocysteine, a non essential amino acid, that in high levels, can put stress on the nervous and cardiovascular system (1,3). In addition to supporting the methylation process, other B vitamins, such as B6, B2, and B12, are essential co factors that can promote the biosynthesis, normalization, and balance of neurotransmitter production (5,6).and more easily crosses through the blood brain barrier (1). Patients who have taken 5-HTP for depression have seen improvements in their symptoms and have shown increased rates of depression remission (3). In adults, 5-HTP was demonstrated to be equally as effective to those taking it for depression as fluoxetine (otherwise known as Prozac) (2).

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Zaffronel® Saffron Extract (*crocus sativus*)

Saffron is a spice that has been used in cooking for thousands of years. In some of the highest quality forms of research conducted in clinical nutrition medicine, saffron extract has shown numerous benefits for the brain and body (1). Several double-blind, randomized, placebo-controlled clinical trials have shown saffron can improve mild to moderate depression (2,4,6). One study showed the same efficacy using saffron as compared to a prescription antidepressant medication (Celexa or Citalopram) (4). Another therapeutic benefit saffron extract has shown is to reduce snacking, improve feelings of satiety, and support weight loss (5). The proposed mechanism of action for this herbal extract is its role in inhibiting serotonin re-uptake. It is plausible this mechanism of action has contributed to research results being consistent in demonstrating reproducible outcomes in the reduction of depressive symptoms (3,7).

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Myo-Inositol

Myo-inositol (MI) is a glucose isomer and plays many roles in numerous bodily functions, such as hormone regulation, inflammation, and neurological health. Studies using MI as a therapeutic agent have demonstrated pleiotropic effects throughout multiple organ systems. In clinical studies, MI has shown effectiveness in reducing symptoms of OCD, PMDD (premenstrual mood disorder), panic, depression, hair pulling (trichotillomania) and eating disorders (2). While the physiology of inositol is complex, and has multiple organ targets, it is hypothesized to support serotonin (5HT₂) and dopamine (D₂) receptors in the brain, hence having an effect on the signal transduction pathway (1). Recently MI was discovered to have a role in the reduction of inflammation, in particular IL-6 and TNF α . These inflammatory cytokines have strong association with neuropathology and microglial activation (3).

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