

# Mood Health Support

With *St. John's Wort*



## DESCRIPTION

A positive mood is supported by normal, healthy levels of specific neurotransmitters in the brain. Several nutrients are involved in the production of these neurotransmitters. Mood Health Support formula helps address the deficiencies that might contribute to difficulty in stabilizing a person's mood.

## FUNCTIONS

There are several herbs and other nutraceuticals that may help support a healthy mood. Similar to the mechanisms of action of selective serotonin reuptake inhibitors (SSRIs), St. John's Wort is widely regarded for its mood supporting benefits. Siberian eleutherococcus is an effective adaptogen, which has been shown to support a healthy stress response. Numerous scientific studies show 5-HTP is of benefit in individuals with mood disorders and has many advantages over L-tryptophan. Besides being safer to produce and arguably more potent, it can cross the very selective blood-brain barrier more easily than L-tryptophan. Once it passes through the blood brain barrier it is able to help increase levels of serotonin; a neurotransmitter, whose levels are positively associated with mood. L-tyrosine is an amino acid that is used to manufacture neurotransmitters dopamine and norepinephrine, which are required for normal functioning of the brain and nervous system.

## INDICATIONS

Mood Health Support may be a useful dietary supplement for those who wish to support a positive mood during mild to moderate depression.

## SIDE EFFECTS

Warning: St. John's Wort may cause increased photosensitivity in some individuals. Use caution while taking this product during exposure to sunlight. If symptoms arise, discontinue the use of this product. Consult a physician before using St. John's Wort with prescription drugs.

## FORMULA (WV #10111)

### 2 Capsules Contain:

St. John's Wort herb and flower extract ..... 300 mg  
(*Hypericum perforatum* standardized to 0.3% [0.9 mg] Hypericin)  
Griffonia bean extract ..... 25 mg  
(*Griffonia simplicifolia* standardized to 98% [24.5 mg] L-5-hydroxy Tryptophan)  
Siberian eleutherococcus root extract ..... 25 mg  
(*Eleutherococcus senticosus* standardized to 0.5% [0.125 mg] Eleutherosides)  
L-Tyrosine..... 50 mg  
Inositol ..... 50 mg  
Other Ingredients: capsule (gelatin and water), rice powder, stearic acid, magnesium stearate, and silica.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors, or flavors.

## SUGGESTED USE

Adults take 2 capsules daily with meals or as directed by a healthcare professional.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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- Linde K, Berner MM, Kriston L (2008). Linde, Klaus. ed. "St John's wort for major depression". *Cochrane Database Syst Rev* (4).
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