

# Mood Food™

## Nervous System Support\*



Available in 60 capsules

### Discussion

**B Vitamins** Due to their involvement in the synthesis of chemicals crucial to brain function, B vitamins are essential to mental and emotional well-being. Because B vitamins are water soluble and not stored by the body, dietary or supplementary sources are critical to maintaining optimal levels. In addition, B vitamins can be destroyed or used at a higher rate with consumption of alcohol, refined sugars, nicotine, and caffeine. Mood Food provides vitamin B6 in its principal coenzyme form, pyridoxal 5'-phosphate (P5P); vitamin B12 in its readily bioavailable form, methylcobalamin; and folate in the form of 50% calcium folinate and 50% Quatrefolic®. Quatrefolic is a form of 5-MTHF (5-methyltetrahydrofolate) that is proven to have greater stability, solubility, and bioavailability than calcium salt forms.\*

Folate and vitamins B6 and B12 are needed for proper methylation, a vital and fundamental process involved in many biochemical pathways such as the conversion of homocysteine back to methionine or to cysteine. Adequate intakes of these B vitamins plus a healthy metabolic conversion of folate to 5-MTHF support the maintenance of homocysteine levels within the normal range. Moreover, healthy homocysteine levels, as well as healthy serum B-vitamin levels, have a role in nerve health and have been associated with normal psychological function, mood, and cognition.<sup>[1-3]</sup> Because 5-MTHF can cross the blood-brain barrier and may be better utilized by those with genetic variations in folate metabolism, 5-MTHF may be particularly well-suited to supporting healthy neurotransmission and promoting healthy homocysteine levels already within the normal range.\*

Pyridoxine nutritional status selectively modulates central production of both serotonin and GABA.<sup>[4]</sup> Other neurotransmitters such as dopamine and norepinephrine are also synthesized using P5P-dependent enzymes.\*

**Magnesium** As a cofactor for over 325 enzymes in the body, magnesium has a multitude of actions, including a calming effect on the nervous system. Laboratory, animal, and epidemiological research suggests a link between magnesium sufficiency and a healthy

## Clinical Applications

- » Supports Nervous System Health\*
- » Supports a Healthy Mood\*
- » Supports Synthesis of Neurotransmitters, Including Serotonin\*
- » May Help Reduce Carbohydrate Cravings\*

*Mood Food™ combines key B vitamins, including 5-MTHF as Quatrefolic® and Albion® di-magnesium malate, with critical amino acids to support overall central nervous system health, calmness, and a positive mood.\**

mood and calm demeanor.<sup>[5,6]</sup> A suboptimal intake of magnesium could potentially cause intraneuronal magnesium deficits that affect neuronal integrity and function.\*

**GABA (Gamma-aminobutyric acid)** GABA is an inhibitory neurotransmitter found in 30%-40% of the brain synapses. It helps calm the brain by neutralizing the excitatory effects of glutamate. It is thought that either low GABA levels or decreased GABA function in the brain may have an adverse impact on neurological health. Optimal levels of GABA support normal delta (deep) sleep and have been associated with healthy mood.\*<sup>[7]</sup>

**5-HTP (5-hydroxytryptophan)** 5-HTP is a precursor to serotonin, a neurotransmitter that regulates many normal brain activities, supports healthy production of norepinephrine and dopamine, and assists with supporting healthy mood and behavior. In addition, a review of studies investigating serotonergic neurotransmission suggests that increasing serotonin availability may assist in weight management as it relates to periodic carbohydrate cravings.\*<sup>[8]</sup>

In the synthesis of serotonin, tryptophan is converted into 5-HTP by the enzyme tryptophan hydroxylase. Supplementation with 5-HTP bypasses this rate-limiting conversion. Oral 5-HTP is well-absorbed in the intestine without the need for a transporter; other amino acids do not compete with it for absorption. It easily crosses the blood-brain barrier, is not degraded by the enzymes that degrade tryptophan, and it is excreted through the kidneys.\*<sup>[9,10]</sup>

\*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.

**Mood Food™ Supplement Facts**

Serving Size: 1 Capsule

|   | Amount Per Serving | %Daily Value |
|---|--------------------|--------------|
| Vitamin B6 (as pyridoxal 5'-phosphate)  | 4 mg               | 235%         |
| Folate (680 mcg DFE as (6S)-5-methyltetrahydrofolic acid, glucosamine salt <sup>S1</sup> and 680 mcg DFE as calcium folinate) | 1,360 mcg DFE      | 340%         |
| Vitamin B12 (as methylcobalamin)  | 1,000 mcg          | 41,667%      |
| Magnesium (as di-magnesium malate <sup>S2</sup> )   | 50 mg              | 12%          |
| GABA (gamma-aminobutyric acid)  | 250 mg             | **           |
| 5-HTP (5-hydroxytryptophan)   | 50 mg              | **           |

**Other Ingredients:** Capsule (hypromellose and water), stearic acid, magnesium stearate, and silica.

**DIRECTIONS:** Take one capsule twice daily, or as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication (especially those for depression, migraines, Parkinson's disease, or psychiatric disorders) should discuss potential interactions with their healthcare professional. Not for use by children. Do not use if tamper seal is damaged.

**STORAGE:** Keep closed in a cool, dry place out of reach of children.

**FORMULATED TO EXCLUDE:** Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, and artificial preservatives.

 **Quatrefolic**® S1. Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

S2. Albion is a registered trademark of Albion Laboratories, Inc.

**References**

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Additional references available upon request



All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

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