

HPS MOOD PERFORMANCE

Description

Blend of vitamins and minerals that have been shown to support those with mild to moderate depression, sleeplessness, and mild to moderate anxiety.

Ingredients

5-HTP (5-hydroxytryptophan) is an amino acid derived from the seeds of *Griffonia simplicifolia*. It plays an important role in the production of serotonin. 5-HTP is the precursor to serotonin from tryptophan. Serotonin is a neurotransmitter (a chemical that sends a message from one nerve to another) known to play a major role in mood. Low levels of serotonin have been associated with mood disorders. Pyridoxal 5-phosphate, vitamin B6, also plays an important role in the production of serotonin. Tryptophan hydroxylase, the rate limiting enzyme in neural serotonin synthesis, can be inhibited by pyridoxine deficiency. Pyridoxine is also an important cofactor in the production of AADC (L-amino acid decarboxylase), which converts 5-HTP to serotonin. A study done in 2004, suggests that low pyridoxine levels may be related to symptoms of a mood disorder. Magnesium insufficiency, like vitamin B6, can inhibit tryptophan hydroxylase. Both calcium and magnesium deficiency are known to cause mood disorders and anxiety.

Studies also suggest a link between folate (folic acid) deficiency and impaired metabolism of serotonin, dopamine, and noradrenaline. It has been shown that low levels of serum zinc is associated with mood disorders, and is corrected shortly after zinc supplementation. The exact mechanism of zinc for use in mood disorders is not known.

Dosage

SUGGESTED USE: 3 capsules per day or as recommended by your health care professional.

Contraindications

SereTone should not be used with MAOI's, SSRI's, or other anti-depressant drugs. Caution is advised for those with hypercalcemia and kidney failure. Do not consume if you are pregnant or nursing.

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30

3 capsules contain	Amount Per Serving	% Daily Value
Vitamin B6 (as Pyridoxal 5'-Phosphate)	30 mg	1,500%
Folic Acid	300 mcg	75%
Calcium (as Citrate)	180 mg	18%
Magnesium (as TRAACS® Magnesium Glycinate Chelate Buffered)	150 mg	38%
Zinc (as TRAACS® Zinc Glycinate Chelate)	15 mg	100%
5-HTP	300 mg	*

* % Daily Value not established

Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

ID #582090 ~ 90 Capsules