

TECHNICAL DATA SHEET



SLEEP & STRESS MANAGEMENT MOOD SUPPORT™

Supports serotonin levels. Promotes reduced feelings of stress.

Mood Support formula is predicated on extensive scientific research that indicates imbalances in brain chemistry may be associated with nutrient deficiencies. By nutritionally changing and altering the brain chemistry we can better address the feeling of stress associated with everyday life activities. **Mood Support** formula contains effective, well studied, and scientifically researched ingredients: 5-HTP, St. John's wort (*Hypericum*), Ginkgo biloba, Skullcap, *Rhodiola rosea*, and L-theanine. We also include a beneficial array of B-complex vitamins.

Supplement Facts

Serving size: 3 capsules

Servings per container: 30

Amount per serving		%DV
Vitamin B1 (as Thiamine HCl)	75 mg	6250%
Vitamin B2 (as Riboflavin 5' Phosphate)	30 mg	2308%
Vitamin B3 (as Niacinamide)	45 mg	281%
Vitamin B6 (Pyridoxine HCl)	75 mg	4412%
Folate (as Calcium Folate) 2400 mcg	4000 mcg DFE	1000%
Vitamin B12 (Methylcobalamin)	1200 mcg	50000%
<i>Mood Support Proprietary Blend:</i>	2013 mg	*
St. John's Wort extract (aerial parts) (<i>Hypericum</i>), L-Tyrosine, <i>Rhodiola rosea</i> extract (root), Skullcap extract (root) (<i>Scutellaria baicalensis</i>), 5-HTP (5-Hydroxytryptophan), L-Theanine, Ginkgo biloba extract (leaf)		

* Daily Value not established.

Other Ingredients: vegetarian capsules, (hypromellose, purified water), L-Leucine, rice flour

INGREDIENTS:

5-Hydroxytryptophan (5-HTP)

5-HTP is a precursor to serotonin in the body's biochemical pathway. 5-HTP offers several advantages over tryptophan. First, it is extracted from the seed of an African plant (*Griffonia simplicifolia*) rather than being synthesized with the aid of bacteria. And, unlike tryptophan, 5-HTP cannot be converted to kynurenine and easily crosses the blood-brain barrier. As a result, while only three percent of an oral dose of tryptophan is converted to serotonin, over 70 percent of an oral dose of 5-HTP is converted to serotonin (1). In studies, administration of 5-HTP increased serotonin levels (2). In addition to increasing serotonin levels, 5-HTP is associated with increasing endorphins and other neurotransmitters that are often decreased when the mind and body are experiencing feelings of stress and anxiety (3).

L-Theanine

L-theanine is the major amino acid found in Green tea leaves. L-theanine has historically been used for its relaxing and anti-anxiety effects by increasing levels of GABA and serotonin (4). L-theanine promotes relaxation and assists in ordinary, every day stress reduction by enhancing alpha wave production in the occipital and parietal regions of the brain. L-theanine is also useful for supporting healthy cellular function. Preliminary research suggests that L-theanine may be helpful for premenstrual support including healthy attitude. Furthermore, L-theanine has been reported to moderate the effects of caffeine on the central nervous system.

Replaces all previous versions: 3.13.24

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.

L- Tyrosine

L- Tyrosine is a nonessential amino acid that the body synthesizes from phenylalanine. Tyrosine is a precursor of catecholamine neurotransmitters, including l-dopa, dopamine, epinephrine, and norepinephrine (5). These neurotransmitters are responsible for supporting emotional well-being and mental function. L-tyrosine plays a role in promoting healthy neurotransmitter function in response to environmental and emotional stress. It has demonstrated the potential to promote cognitive function and memory under stressful conditions.

Ginkgo Biloba

Ginkgo biloba contains ginkgoheterosides and terpene lactones as active components that enhance the flow of oxygen and blood to the brain and improve transmission of nerve impulses, supporting mental acuity (6). Ginkgo leaf flavonoids have antioxidant and free radical scavenging properties (7). Researchers took interest in studying the effects of ginkgo extract after noticing the improvement in mood.

Skullcap (Scutellaria baicalensis)

The applicable parts of skullcap are the above ground parts that contain flavonoids, lignins, resins, tannins and volatile oils. The principle flavonoids of skullcap are baicalin, and wogonin (8). Research indicates the flavonoid constituents of skullcap act as GABA agonists and therefore may support sleep and feelings of anxiety (9). Constituents of skullcap appear to bind the serotonin receptor 5-HT7.

Rhodiola Rosea

Rhodiola Rosea, a Siberian plant also known as Golden root or Arctic root, has been used traditionally for hundreds of years in countries including Russia and Siberia. Rhodiola rosea is an adaptogen (increases resistance to the harmful effects of stressors) and moderates the effects of physical and emotional stress (10). In a separate, double-blind, placebo-controlled pilot study, Rhodiola rosea provided support for physical and mental stress in students. Rhodiola stimulates and supports the activity of neurotransmitters such as serotonin, norepinephrine and dopamine leading to enhanced cognitive function, attention and memory (11). In another study, Rhodiola extract was shown to promote endurance and coordination in athletes. In a university study, it enhanced physical work capacity and improved recovery time for individuals participating in high intensity exercise.

St. John's Wort (Hypericum)

St. John's wort uses the flowers, and to a lesser extent, the leaves as the applicable parts. Hypericin, hyperforin, and adhyperforin are the active constituents. Both hyperforin and adhyperforin appear to modulate the effects of serotonin, dopamine, and norepinephrine (12). In over 25 double-blind studies examining the effectiveness of St. John's wort extract, the results showed that it was effective to support emotional health (13). Many researchers believe that St. John's wort maintains normal mood and emotional stability by inhibiting serotonin uptake, monoamine oxidase, and interacting with GABA receptors.

B-Complex Vitamins

Extensive research has been done to illustrate the association of B vitamin deficiencies and emotional health. Studies show a correlation of improved mood when taking B vitamins. Vitamin B6 is especially important because it is needed in the conversion of 5-HTP to serotonin. Vitamin B1 (thiamine), B2 (riboflavin 5' phosphate), B3 (niacinamide), B12 (methylcobalamin) and Folate are also included. Deficiencies in these nutrients have been strongly linked with biochemical imbalances in the brain. Folic Acid is needed for DNA synthesis. Folic Acid deficiency has been associated with poor cognitive function (14).

Folate (as Calcium Folate)

Calcium Folate is one active form in a group of vitamins known as folates. In the body, calcium folinate may be converted into any of the other active forms of folate. Calcium folinate raises the tetra-hydrobiopterin (BH4) levels, which is a critical cofactor for the manufacture of all mood-regulating neurotransmitters (15). Unlike regular folic acid supplements, up to 92% of calcium folinate is absorbed from the gut following an oral dose. It remains in the body longer and the majority is converted to the active coenzyme. In this form, calcium folinate can be taken up across the blood-brain barrier that ordinarily remains impermeable to dietary folates (16).

Patients: Consult with your healthcare professional for the proper use of this formula.

For more information about this and other Condition Specific Formulas® please visit our website at:

mountainpeaknutritionals.com
email us: support@mtnpeaknutrition.com



1000 SE Tech Center Drive STE 130
Vancouver, WA 98683

REFERENCES

1. Encyclop Nat Med Murray M. Pizzorno J.1998;3:390-3
2. Am J Psychiatry 1975;132:723-8
3. J Clin Psychopharmacol 1987;7:127-37
4. Hum Psychopharmacol Clin Exp 2004;19:457-65
5. Pharmacol Biochem Behav 1999;3:496-500
6. JAMA 1997; Oct 22;278(16):1327-32
7. J Clin Pharmacol 2000;40:647-54
8. Altn Ther Health Med 2003;9:74-8
9. J Nat Prod 2003;66:535-7
10. Altern Med Rev 2001;6:293-302
11. Phytomedicine 2000;7:365-71
12. Pharmacopsychiatry 1998;31:7-15
13. Am J Psychiatry 2002 Aug;159(8):1361-6
14. Encephale 10 1984; F Abalan et al:9-12
15. Godfrey PS Toone BK, Carney NW et al. Lancet 1990;336:392-395
16. Folates: Supplemental Forms and Therapeutic Applications by Gregory S. Kelly ND

