

Dr. Fuhrman®

# PRODUCT FACTS

## MOOD BALANCE BIOTECT



Saffron, dried stigmas of the saffron flower, provide unique antioxidants: crocins, which are carotenoids, and safranal

## NATURAL SUPPORT FOR A HEALTHY, POSITIVE MOOD

Mood Balance Biotect was designed to combine the benefits of three of the most effective supplements for natural mood management: saffron, 5-hydroxytryptophan (5-HTP), and S-adenosylmethionine (SAME). Clinical trials on each of these three natural substances suggest they promote a healthy, positive mood.<sup>1-7</sup> When combined in one supplement the benefits are enhanced due to their complementary, but different mode of action.

- **Saffron**, dried stigmas of the saffron flower, provide unique antioxidants: crocins, which are carotenoids, and safranal
- **5-HTP (5-hydroxytryptophan)**, produced by the body from the amino acid tryptophan, is a precursor to serotonin
- **SAME (S-adenosylmethionine)** produced by the body from the amino acid methionine, is involved in producing neurotransmitters in the brain

### SAFFRON

The culinary spice saffron, which consists of dried stigmas of the saffron flower, contains a type of carotenoids called crocins and another distinctive antioxidant called safranal, both of which likely contribute to its mood-boosting effects. Seven trials on saffron have reported efficacy in improving mood scores; most studies used a dose of 30 mg/day. Saffron is thought to promote brain health and mood through antioxidant and anti-inflammatory effects, and also by increasing serotonin levels in the brain.<sup>1-4, 8</sup> Serotonin is a neurotransmitter whose proper function and transmission is important for feelings of wellbeing and healthy mood.



### 5-HTP

The amino acid tryptophan is a precursor to the neurotransmitter serotonin, and 5-HTP aims to provide raw material to produce serotonin. A meta-analysis on 5-HTP published in 2002 reported that 5-HTP is more effective than placebo at improving mood, however the authors noted that only two studies had met the quality criteria to be included in the analysis.<sup>5</sup> Since then, another clinical trial reported improvements in mood in response to 5-HTP.<sup>6</sup>

### SAME

SAME is a substance naturally present in the body, formed from the amino acid methionine; in the brain, SAME is important for the synthesis of neurotransmitters. Several trials have reported that supplementation with SAME improved mood scores.<sup>7, 9-11</sup> Note that people with bipolar disorder should not take SAME. If you are immunocompromised, consult your physician before taking SAME.

## MOOD BALANCE BIOTECT

### Product Features

- 100% vegan
- Saffron provides unique antioxidants: crocins and safranal
- 5-HTP (5-hydroxytryptophan) is a precursor to serotonin
- SAME (S-adenosylmethionine) is involved in producing neurotransmitters in the brain
- Free of gluten, dairy, and soy.
- Non-GMO



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## MOOD BALANCE BIOTECT

### Supplement Facts

#### Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 120

	Amount Per Serving
S-adenosyl-L-methionine (as Adonat® S-adenosyl-L-methionine disulfate p-toluenesulfonate)	150 mg*
5-Hydroxytryptophan (5-HTP) (from <i>Griffonia simplicifolia</i> seed)	75 mg*
Saffron dry extract (stigmas)	15 mg*

\*Daily Value not established.

**Other Ingredients:** Capsule (hypromellose, gellan gum), microcrystalline cellulose, vegetable stearic acid and silica.

**Suggested Use:** Take 1 capsule, twice daily. Best when taken with meals.

**Does not contain:** eggs, dairy, peanuts, tree nuts, fish, shellfish, soy, wheat, gluten

Not produced in an allergen-free or gluten-free facility. Produced in a facility with an allergen control program in place designed to properly handle, store and use materials in production to eliminate the risk of cross-contamination, in accordance with Good Manufacturing Practices (GMPs).

These supplements have not been evaluated by the Food and Drug Administration.

Products listed are not intended to diagnose, treat, cure or prevent disease.

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