

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.¹⁻⁷ 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.^{1-4, 8} 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.⁵ Since then, another clinical trial reported improvements in mood in response to 5-HTP.⁶

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.^{7, 9-11} 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
- Packaged in post consumer resin (PCR)



1. Shafiee M, Arefi S, Omranzadeh A, Sahelkhar A. Saffron in the treatment of depression, anxiety and other mental disorders: Current evidence and potential mechanisms of action. *J Affect Disord* 2018, 227:330-337.
2. Lopresti AL, Drummond PD. Saffron (*Crocus sativus*) for depression: a systematic review of clinical studies and examination of underlying antidepressant mechanisms of action. *Hum Psychopharmacol* 2014, 29:517-527.
3. Hausenblas HA, Saha D, Dubyak PJ, Anton SD. Saffron (*Crocus sativus* L.) and major depressive disorder: a meta-analysis of randomized clinical trials. *J Integr Med* 2013, 11:377-383.
4. Khazdair MR, Boskabady MH, Hosseini M, et al. The effects of *Crocus sativus* (saffron) and its constituents on nervous system: A review. *Avicenna J Phytomed* 2015, 5:376-391.
5. Shaw K, Turner J, Del Mar C. Tryptophan and 5-hydroxytryptophan for depression. *Cochrane Database Syst Rev* 2002;CD003198.
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7. Galizia I, Oldani L, Macritchie K, et al. S-adenosyl methionine (SAMe) for depression in adults. *Cochrane Database Syst Rev* 2016, 10:CD011286.
8. Dwyer AV, Whitten DL, Hawrelak JA. Herbal medicines, other than St. John's Wort, in the treatment of depression: a systematic review. *Altern Med Rev* 2011, 16:40-49.
9. Mischoulon D, Fava M. Role of S-adenosyl-L-methionine in the treatment of depression: a review of the evidence. *Am J Clin Nutr* 2002, 76:1158S-1161S.
10. Williams AL, Girard C, Jui D, et al. S-adenosylmethionine (SAMe) as treatment for depression: a systematic review. *Clin Invest Med* 2005, 28:132-139.
11. Nahas R, Sheikh O. Complementary and alternative medicine for the treatment of major depressive disorder. *Canadian Family Physician* 2011, 57:659-663.

MOOD BALANCE BIOTECT

Supplement Facts

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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 (DV) 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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