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. 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.

**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. Since then, another clinical trial reported improvements in mood in response to 5-HTP.

**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. Note that people with bipolar disorder and those who are immunocompromised should not take SAMe.

**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

**No gluten-containing ingredients**

**Non-GMO**

**Packaged in post consumer resin (PCR)**
Mood Balance Biotect

Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 120

Amount Per Serving:
- S-adenosyl-L-methionine (as Adomix®) 100 mg *
- S-adenosyl-L-methionine disulfate p-toluenesulfonate 5 mg
- Saffron dry extract (stigmas) (Safr'inside™) 10 mg *
- 5-Hydroxytryptophan (5-HTP) (from Griffonia simplicifolia) 50 mg *
- S-adenosyl-L-methionine disulfate p-toluenesulfonate 5 mg

* Daily value not established.

Other Ingredients: hypromellose, microcrystalline cellulose, vegetable stearic acid, silica.

Suggested Use: Take 1 capsule, 3 times daily. Best when taken with meals.

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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Safr'inside™ is a trademark of ACTIV’INSIDE®

Mood Balance Biotect combines the benefits of the most effective supplements for promoting a healthy, positive mood.

Key ingredients include:
- 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