

# Mood Food™ ES

Supports Calmness and Relaxation\*



Available in 60 capsules and 120 capsules

## Discussion

Vitamins, minerals, amino acids, and other nutrients are necessary for the synthesis of neurotransmitters, healthy nerve transmission, healthy brain chemistry, and normal muscle contraction/relaxation. Components of Mood Food ES address each of these areas.\*

**Methylation** is the addition of a methyl group (a carbon atom with three hydrogen atoms attached) to proteins, enzymes, chemicals, DNA, or amino acids like homocysteine. It is a vital aspect of nervous system health and is necessary for the synthesis of neurotransmitters. Mood Food ES provides key nutrients involved in the methylation pathway, such as selenomethionine; vitamin B6 as pyridoxal 5'-phosphate; vitamin B12 as the readily bioavailable form, methylcobalamin; and folate as bioactive Quatrefolic® (5-MTHF glucosamine salt) and calcium folinate.<sup>[1]</sup> Pyridoxine nutritional status selectively modulates central production of serotonin and GABA (gamma-aminobutyric acid)—neurotransmitters that are involved in physical pain perception and mental wellness.\*<sup>[2]</sup>

**Magnesium** is provided as Albion® TRAACS® glycinate chelate, a specific form demonstrated to support intraneuronal magnesium sufficiency.<sup>[3]</sup> As a cofactor for over 325 enzymes in the body, magnesium has a multitude of actions, including a calming effect on the nervous system and regulation of muscle contraction. Laboratory, animal, and epidemiological research suggests a link between magnesium sufficiency and a healthy mood and calm demeanor.\*<sup>[4,5]</sup>

**Vitamin C** participates in the enzyme activity of two copper-dependent monooxygenases that are important in the synthesis of norepinephrine and serotonin. In addition, vitamin C regulates the activity of some neurons within the brain that affect neurotransmitter membrane receptor synthesis and neurotransmitter dynamics.\*<sup>[6]</sup>

**GABA (gamma-aminobutyric acid)** is an important inhibitory neurotransmitter found in 30% to 40% of the brain synapses. It helps calm the brain by neutralizing the excitatory effects of glutamate. Research suggests that GABA supplementation or optimal GABA

## Clinical Applications

- » Supports Nervous System Health\*
- » Supports Inhibitory Neurotransmitters\*
- » Supports Relaxation\*
- » Supports a Healthy Mood\*
- » Supports the Synthesis of Neurotransmitters, Including Serotonin\*

*Mood Food™ ES combines key B vitamins, vitamin C, and chelated minerals with taurine, L-theanine, GABA, and 5-HTP to enhance the synthesis of chemical messengers that support calmness, positive mood, and a healthy nervous system.\**

function in the brain positively affects neurological health, the body's response to stress, mood, alpha and beta brain waves, and sleep.\*<sup>[7-9]</sup>

**5-HTP (5-hydroxytryptophan)** is a precursor to serotonin. It is well-absorbed in the intestine and easily crosses the blood-brain barrier.<sup>[10]</sup> Serotonin regulates many normal brain activities; influences other neurotransmitters, such as norepinephrine and dopamine; and is important in regulating mood and behavior, including food cravings. Research suggests that adequate levels of 5-HTP instill a sense of calmness and relaxation.\*<sup>[11]</sup>

**L-Taurine** is a conditionally essential, neuroprotective amino acid that helps maintain cell volume and stabilize cell membranes in the brain. In addition to its roles in antioxidant activity and inflammatory cytokine modulation, taurine is important in the transmission of nerve impulses and overall nerve function. Oral supplementation increases GABA.\*<sup>[12]</sup>

**L-Theanine (Suntheanine®)** is a naturally occurring, biologically active, free-form amino acid that provides relaxation support. Mechanisms of action appear to relate to its effects on neurotransmitters, excitatory amino acids activity, and alpha brain wave activity.<sup>[13-15]</sup> Many practitioners utilize L-theanine to support overall relaxation without inducing drowsiness.\*

\*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.

**Mood Food™ ES Supplement Facts**

Serving Size: 2 Capsules

	Amount Per Serving	%DV
Vitamin C (ascorbic acid)	20 mg	22%
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	294%
Folate (255 mcg DFE as (6S)-5-methyltetrahydrofolic acid, glucosamine salt <sup>S1</sup> and 255 mcg DFE as calcium folinate)	510 mcg DFE	128%
Vitamin B12 (as methylcobalamin)	30 mcg	1,250%
Magnesium (as magnesium lysinate glycinate chelate <sup>S2</sup> )	70 mg	17%
Zinc (as zinc bisglycinate chelate <sup>S2</sup> )	3 mg	27%
Selenium (as selenium glycinate <sup>S2</sup> )	50 mcg	91%
Taurine	300 mg	**
5-HTP (5-hydroxytryptophan)	100 mg	**
L-Theanine <sup>S3</sup>	100 mg	**
GABA (gamma-aminobutyric acid)	100 mg	**
** Daily Value (DV) not established.		

**Other Ingredients:** Capsule (hypromellose and water), microcrystalline cellulose, stearic acid, magnesium stearate, silica, and medium-chain triglyceride oil.

**DIRECTIONS:** Take 2 capsules once or twice daily, or use as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication, particularly medications for migraines, Parkinson's disease, depression, or other psychiatric disorders, should discuss potential interactions with their healthcare professional. Not for use by children. Pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

**STORAGE:** Keep closed in a cool, dry place out of reach of children.

**FORMULATED TO EXCLUDE:** Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, and artificial sweeteners.

 <sup>S1</sup> Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under U.S. patent 7,947,662.

<sup>S2</sup> Albion® is a registered trademark of Balchem Corporation or its subsidiaries.

 <sup>S3</sup> Suntheanine® is a trademark of Tayo International, Inc.

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All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

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