

# Brain Mood

## DESCRIPTION

Brain Mood, provided by Douglas Laboratories, is a synergistic blend of several ingredients to support feelings of well being. Serotonin, along with its amino acid precursor, tryptophan, allows the brain to restore itself to maintain a level mood. The most important nutrients for serotonin production have been included in this formula, to help maintain the brain's symmetry and stabilize mood.

## FUNCTIONS

Serotonin, an important brain neurotransmitter, is key in the regulation of appetite, mood, and melatonin production. The presence of serotonin in the brain is associated with a balanced emotional state. This is achieved in part by decreasing the activity of certain excitatory hormones, including dopamine and noradrenaline. Serotonin also acts as a satiety signal in the brain, thereby naturally regulating food intake. Additionally, as a precursor of melatonin, serotonin is involved in regulating sleep patterns. Serotonin is unable to cross the blood-brain barrier and is therefore synthesized in the brain. Tryptophan, an essential amino acid, is a precursor for the synthesis of serotonin. Tryptophan crosses the blood-brain barrier and is converted to L-5-hydroxytryptophan, which in turn is converted into serotonin. As a metabolic intermediate in the conversion of tryptophan into serotonin, 5-HTP can also serve as a precursor of serotonin. Although St. John's Wort has a variety of traditional uses, extracts of this flowering perennial are best known for their mood balancing properties. St. John's Wort extract is widely recognized for its positive, supportive effects on mental and emotional function. As co-enzymes, the B vitamins are essential components in most major metabolic reactions. They play an important role in energy production, including the metabolism of lipids, carbohydrates, and proteins. B vitamins are also important for blood cells, hormones, and nervous system function. As water-soluble substances, B vitamins are not generally stored in the body in any appreciable

amounts (with the exception of vitamin B-12). Therefore, the body needs an adequate supply of B vitamins on a daily basis.

## INDICATIONS

Brain Mood may be a useful dietary supplement for individuals wishing to support a sense of well being and mood stability.

## FORMULA (#98724)

### Each Vegetarian Capsule Contains:

Thiamine (as Thiamine HCl) .....	15 mg
Niacinamide .....	25 mg
Folic Acid.....	300 mcg
Vitamin B12 (as cyanocobalamin).....	250 mcg
Pantothenic Acid (as Calcium Pantothenate).....	25 mg
5-Hydroxytryptophan (5 HTP).....	100 mg
St John's Wort extract.....	300 mg
(standardized to contain 0.3% hypericin)	

## SUGGESTED USE

Adults take one capsule 3 times daily or as directed by physician.

## SIDE EFFECTS

### Warning:

If you are pregnant, trying to become pregnant, nursing or taking any prescription medication (especially anticoagulants, oral contraceptives, anti-depressants, anti-seizure medications, drugs to treat HIV or prevent transplant rejection), consult your physician before using this product. This product may cause photosensitivity or skin rashes in some people. Avoid excessive exposure to sunlight, tanning lights or UV sources while taking this product. This product may cause serotonin syndrome in sensitive patients and may cause hair loss.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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**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.**

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