

Mood Food™

Nervous System Support*



Available in 60 capsules

Discussion

B Vitamins Due to their involvement in the synthesis of chemicals crucial to brain function, B vitamins are essential to mental and emotional well-being. Because B vitamins are water soluble and not stored by the body, dietary or supplementary sources are critical to maintaining optimal levels. In addition, B vitamins can be destroyed or used at a higher rate with consumption of alcohol, refined sugars, nicotine, and caffeine. Mood Food provides vitamin B6 in its principal coenzyme form, pyridoxal 5'-phosphate (P5P); vitamin B12 in its readily bioavailable form, methylcobalamin; and folate in the form of 50% calcium folinate and 50% Quatrefolic®. Quatrefolic is a form of 5-MTHF (5-methyltetrahydrofolate) that is proven to have greater stability, solubility, and bioavailability than calcium salt forms.*

Folate and vitamins B6 and B12 are needed for proper methylation, a vital and fundamental process involved in many biochemical pathways such as the conversion of homocysteine back to methionine or to cysteine. Adequate intakes of these B vitamins plus a healthy metabolic conversion of folate to 5-MTHF support the maintenance of homocysteine levels within the normal range. Moreover, healthy homocysteine levels, as well as healthy serum B-vitamin levels, have a role in nerve health and have been associated with normal psychological function, mood, and cognition.^[1-3] Because 5-MTHF can cross the blood-brain barrier and may be better utilized by those with genetic variations in folate metabolism, 5-MTHF may be particularly well-suited to supporting healthy neurotransmission and promoting healthy homocysteine levels already within the normal range.*

Pyridoxine nutritional status selectively modulates central production of both serotonin and GABA.^[4] Other neurotransmitters such as dopamine and norepinephrine are also synthesized using P5P-dependent enzymes.*

Magnesium As a cofactor for over 325 enzymes in the body, magnesium has a multitude of actions, including a calming effect on the nervous system. Laboratory, animal, and epidemiological research suggests a link between magnesium sufficiency and a healthy

Clinical Applications

- » Supports Nervous System Health*
- » Supports a Healthy Mood*
- » Supports Synthesis of Neurotransmitters, Including Serotonin*
- » May Help Reduce Carbohydrate Cravings*

*Mood Food™ combines key B vitamins, including 5-MTHF as Quatrefolic® and Albion® di-magnesium malate, with critical amino acids to support overall central nervous system health, calmness, and a positive mood.**

mood and calm demeanor.^[5,6] A suboptimal intake of magnesium could potentially cause intraneuronal magnesium deficits that affect neuronal integrity and function.*

GABA (Gamma-aminobutyric acid) GABA is an inhibitory neurotransmitter found in 30%-40% of the brain synapses. It helps calm the brain by neutralizing the excitatory effects of glutamate. It is thought that either low GABA levels or decreased GABA function in the brain may have an adverse impact on neurological health. Optimal levels of GABA support normal delta (deep) sleep and have been associated with healthy mood.*^[7]

5-HTP (5-hydroxytryptophan) 5-HTP is a precursor to serotonin, a neurotransmitter that regulates many normal brain activities, supports healthy production of norepinephrine and dopamine, and assists with supporting healthy mood and behavior. In addition, a review of studies investigating serotonergic neurotransmission suggests that increasing serotonin availability may assist in weight management as it relates to periodic carbohydrate cravings.*^[8]

In the synthesis of serotonin, tryptophan is converted into 5-HTP by the enzyme tryptophan hydroxylase. Supplementation with 5-HTP bypasses this rate-limiting conversion. Oral 5-HTP is well-absorbed in the intestine without the need for a transporter; other amino acids do not compete with it for absorption. It easily crosses the blood-brain barrier, is not degraded by the enzymes that degrade tryptophan, and it is excreted through the kidneys.*^[9,10]

*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™ Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	%Daily Value
Vitamin B6 (as pyridoxal 5'-phosphate)	4 mg	235%
Folate (400 mcg DFE as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt and 400 mcg DFE as calcium folinate)	800 mcg DFE	200%
Vitamin B12 (as methylcobalamin)	1000 mcg	41,667%
Magnesium (as Albion® di-magnesium malate)	50 mg	12%
GABA (gamma-aminobutyric acid)	250 mg	**
5-HTP (5-hydroxytryptophan)(from <i>Griffonia simplicifolia</i> (seed))	50 mg	**

** Daily Value not established.

Other Ingredients: HPMC (capsule), stearic acid, magnesium stearate, and silica.**DIRECTIONS:** Take one capsule twice daily, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication (especially those for depression, migraines, Parkinson's disease, or psychiatric disorders) should discuss potential interactions with their healthcare practitioner. Not for use by children. Do not use if tamper seal is damaged.

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

DOES NOT CONTAIN: Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

Albion is a registered trademark of Albion Laboratories, Inc.

 Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US patent 7,947,662.

**References**

1. Coppen A, Bolander-Gouaille C. Treatment of depression: time to consider folic acid and vitamin B12. *J Psychopharmacol.* 2005 Jan;19(1):59-65. [PMID: 15671130]
2. Lewis SJ, Lawlor DA, Davey Smith G, et al. The thermolabile variant of MTHFR is associated with depression in the British Women's Heart and Health Study and a meta-analysis. *Mol Psychiatry.* 2006 Apr;11(4):352-60. [PMID: 16402130]
3. Selhub J, Bagley LC, Miller J, et al. B vitamins, homocysteine, and neurocognitive function in the elderly. *Am J Clin Nutr.* 2000;71(2):614S-20S. [PMID: 10681269]
4. McCarty MF. High-dose pyridoxine as an 'anti-stress' strategy. *Med Hypotheses.* 2000 May;54(5):803-07. [PMID: 10859691]
5. Whittle N, Li L, Chen WQ, et al. Changes in brain protein expression are linked to magnesium restriction-induced depression-like behavior. *Amino Acids.* 2011 Apr;40(4):1231-48. [PMID: 21312047]
6. Sartori SB, Whittle N, Hetzenauer A, et al. Magnesium deficiency induces anxiety and HPA axis dysregulation: modulation by therapeutic drug treatment. *Neuropharmacology.* 2012 Jan;62(1):304-12. [PMID: 21835188]
7. Mombereau C. Genetic and pharmacological evidence of a role for GABA (B) receptors in the modulation of anxiety- and antidepressant-like behavior. *Neuropsychopharmacology.* 2004 Jun;29(6):1050-62. [PMID: 15039762]
8. Wurtman JJ. Carbohydrate craving. Relationship between carbohydrate intake and disorders of mood. *Drugs.* 1990;39 Suppl 3:49-52. [PMID: 2197075]
9. Birdsall TC. 5-Hydroxytryptophan: a clinically-effective serotonin precursor. *Altern Med Rev.* 1998 Aug;3(4):271-80. [PMID: 9727088]
10. Turner EH, Loftis JM, Blackwell AD. Serotonin a la carte: supplementation with the serotonin precursor 5-hydroxytryptophan. *Pharmacol Ther.* 2006 Mar;109(3):325-38. [PMID: 16023217]

Additional references available upon request

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

*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.

© XYMOGEN
DRS-165
Rev. 04/04/19

