

### ***Serotonin Mood Support***

Serotonin Mood Support is Dr. Amen's unique new formula that contains saffron extract and 5HTP. It helps to support normal serotonin levels by providing 5-HTP, a direct precursor to serotonin, along with a proprietary extract of Saffron, shown clinically to support a normal mood. Vitamin B6 and Inositol are included to provide additional synergistic support. Ingredients are provided at clinically tested levels to insure optimal benefit.

### **Ingredients**

**5-HTP (5-hydroxytryptophan)** is an extract from the African plant *Griffonia simplicifolia*, and is the precursor to the neurotransmitter serotonin, which plays a role in mood, sleep and appetite. 5-HTP supplementation has been used to support a healthy mood.

**Satiereal®** is a patented product made from the extract of saffron (*crocus sativus*) and has been shown to support a healthy mood. Saffron is grown in Iran, Greece, Spain and Italy and traditionally has been used to ease the digestion of spicy food, to soothe an irritated stomach and support a healthy mood.

**Inositol** is a natural sugar that is considered part of the B vitamin family. It is important in the maintenance of cell membranes, breakdown of fat, hair growth, estrogen and insulin regulation and has been shown to modulate serotonin levels.

**Vitamin B6** is a water-soluble vitamin essential in the production of neurotransmitters (serotonin, epinephrine, norepinephrine, and GABA).

### **Recommended Use:**

As a dietary supplement, take one to two capsules of Dr.Amen's Serotonin Mood Support twice daily or as directed by your healthcare professional.

### **Servings per container: 15**

### **4 capsules contain:**

- 5-HTP (*Griffonia simplicifolia*) 100 mg
- Saffron Extract (*Crocus sativus*; 0.3% safranal, Satiereal®) 200 mg
- Inositol 1000 mg
- Vitamin B6 (pyridoxine HCL) 20 mg

Satiereal® is a registered trademark of Nutraveris and is protected by patent WO 2007/125243 A1.

Other Ingredients: Gelatin capsules (gelatin, water, glycerin), magnesium stearate, silicon dioxide and magnesium silicate.

#### Certificate of Analysis

This product does not contain wheat, yeast, gluten, eggs, dairy, corn, artificial colors, flavors, sugars, or preservatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

**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.**