

MUCUNA DOPA

Natural L-Dopa for Mood and Performance



The challenges the world presents us seem to be growing daily, requiring greater effort to maintain balance. The stress and fatigue that may be generated can even impact health. We know that the world of natural plants is filled with compounds that are beneficial to our health. But a few amazing herbs can even change our attitude and outlook on life for the better. The Amazonian rainforest herb, *Mucuna pruriens*, is rich in the neurotransmitter L-Dopa. This powerful brain chemical delivers a sense of purpose and the assertiveness that is needed today to navigate a complex world and be successful.

Scientific research found that the herb *Mucuna pruriens*, contained L-dopa, also known as levodopa, and that it positively affected neural transmission. The Mucuna bean became a popular way to assist with mood and mental function. Further research revealed that L-dopa contributed to athletic performance when synthesized to dopamine. Source Naturals realized the multiple benefits of the mucuna bean and developed MUCUNA DOPA for those concerned about improving their mental function and performance.

Source Naturals now offers a potent standardized extract of *Mucuna pruriens* - MUCUNA DOPA.



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The Magic Bean

The plant, *Mucuna pruriens*, or “velvet bean,” is a multi-purpose herb that runs the gamut of health uses. It is indigenous to tropical regions in Africa, India, South America and the West Indies. The vine produces clusters of mucuna beans inside hairy pods. Local people throughout these regions know the value of mucuna and treasure the colorful beans, using them plentifully.

Mucuna is known by many names throughout the world such as “the magic bean,” “nescafé” and “bengal bean.” Mucuna beans have been ground into a savory coffee substitute in Central America. The people of India eat it as a vegetable. But perhaps the magic bean’s most popular usage is how the Brazilians use it - for sexual vitality. Increasingly, *Mucuna pruriens* is used as a health compound due to the concentration of L-dopa in the seeds.

Nature’s Neurotransmitter

Neurotransmitters are chemicals that are used to relay, amplify and modulate signals between a neuron and another cell. This process is known as neural transmission and is a vital brain function. *Mucuna pruriens* seeds contain high concentrations of levodopa, or L-dopa, which is a direct precursor of the neurotransmitter dopamine. Scientists discovered the body converts L-dopa into dopamine, which has strong effect on brain function. Without dopamine to create a damping effect on neural transmissions, muscles become tense and tremble. L-dopa also boosts a sense of assertiveness and positive activity performances. In addition, the mucuna plant contains serotonin, a neurotransmitter involved in the transmission of nerve impulses. Release of serotonin in the nervous system causes the opposite nerve to fire, and carries serotonin’s message along the connector impulse to the receptors where it docks and releases serotonin into the brain, causing a sense of well-being. Further, *Mucuna pruriens* contains 5-HTP, shown in research to cause serotonin-producing neurons to increase production. The result of increased serotonin production is increased serotonin release, again enhancing a peaceful mood.

Source Naturals strives to maintain plant nutrients in their natural state so the body may assimilate the most nutrients possible. So, with the goal of preserving the best from the pristine *Mucuna pruriens* beans, we developed MUCUNA DOPA—nature’s neurotransmitter.

Enhanced Athletic Performance

Olympic champions know that healthy dopamine levels are necessary for athletes to perform better in sports. The presence of dopamine helps create an assertive “can do” attitude in an athlete, critical in athletic performance. When the body’s dopamine supply is at required levels, it may help support healthy bone and muscle growth. With high concentrations of L-dopa in mucuna seeds, MUCUNA DOPA may benefit athletic performance.

Stimulates Libido

Often recommended by Ayurvedic practitioners for bedroom boredom, East Indians used the mucuna bean for centuries to improve their libido. It is thought that the positive relationship between the neurotransmitter pathways and the androgenic properties of *Mucuna pruriens* enhances sexual function. Research shows mucuna increases sperm count, testicle weight, the size of seminal vesicles and the prostate, and the development of other reproductive organs. As such, it promotes improved sexual function in both men and women.

Multiple Benefits from One Tiny Bean

MUCUNA DOPA is an important compound in the SystemiCare™ health model because of the impact it has on multiple body systems. In addition to its effect on mood and performance, MUCUNA DOPA has a positive influence on three of the dozen deep metabolic systems – Cognition/Nerves, Metabolism/Hormones, and Structure/Connective tissue. Source Naturals is helping people to move into the wellness revolution currently sweeping the world. We understand the importance of utilizing products with multiple benefits for peak functioning. Add MUCUNA DOPA to your supplement plan and experience its many benefits.

References

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