

POSITIVE THOUGHTS™

St. John's Wort Complex to Support a Good Mood

A healthy positive outlook depends on more than one chemical pathway of brain metabolism. POSITIVE THOUGHTS supports the interrelated systems and functions involved with emotional balance: support for inhibitory, stimulating and balancing neurotransmitters, and energy metabolism.



ACTION

CONTENT

	Neuro-Modulation: Inhibitory	Neuro-Modulation: Stimulating	Neuro-Modulation: Balancing	Acetylcholine Production	Energy Metabolism
	Neurotransmitters are brain chemicals that aid in the process of nerve cell communication. Inhibitory neurotransmitters, such as GABA, reduce brain stimulation, helping to support a sense of relaxation and calm. The nerve cell membrane-stabilizing properties of taurine also support relaxation, as do the included herbs.	Stimulating neurotransmitters help promote drive, ambition, alert mental functioning, and memory. They support a positive mental outlook by providing a feeling of energy and vitality.	In our high powered, stress-filled world, the balancing properties of St. John's wort can help maintain a positive outlook and a sense of well-being.	Acetylcholine is one of the most important neurotransmitters in the brain. It is vital for memory, cognitive function, focus, concentration, and muscle movement. Acetylcholine supports further balance for the calming herbs and nutrients in this formula.	The brain's energy supports the vast electric, chemical, and structural processes that are the basis of a positive outlook. The brain uses 60% of the glucose used by the body at rest. Nutrients help convert glucose to the energy that the brain requires. They also function as cofactors needed for optimal synthesis of key neurotransmitters.
	GABA, Kava Kava, Lemon Balm, Taurine, Valerian, Vitamin B-6	DMAE, L-Phenylalanine, L-Tyrosine, N-Acetyl L-Tyrosine, Vitamins B-5 & B-6	St. John's Wort	DMAE, Vitamins B-1, B-5 & B-12, Pantothenic Acid	Magnesium, Manganese, Zinc, Vitamins B-1, B-2, B-3, B-5, B-6, B-12 & C, Biotin, Folic Acid

