

MOOD BALANCE™

Supports Emotional Well-Being During Menopause

Menopause doesn't have to be a time of emotional upheaval. MOOD BALANCE contains St. John's wort, shown to enhance a positive outlook. The formula also supports multiple body systems related to emotional well-being, including all aspects of neuro-modulation, as well as energy metabolism.



| | Neuro-Modulation: Balancing | Energy Metabolism | Neuro-Modulation: Inhibitory | Neuro-Modulation: Stimulating |
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| ACTION | <p>The perimenopausal period is a time of dramatic hormonal changes in a woman's body. This transition can generate physiological and emotional stress, intensifying what we already experience in our high powered, stress-filled world. Researchers theorize that St. John's wort supports a positive sense of well-being via its impact on serotonin levels.</p> | <p>A common manifestation of the stress of hormonal changes is fatigue. Feeling fatigued can also affect mood. Mood and energy depend in part on a myriad of energy consuming electrical, chemical and structural processes in the brain. As an example, the brain uses 20% of the oxygen consumed by a human, although it represents only 2% of body weight. Nutritional cofactors convert glucose to the energy that the brain requires.</p> | <p>During perimenopause, moods can fluctuate and a variety of challenging emotions can arise. GABA, an inhibitory neurotransmitter, reduces brain stimulation, helping to support a sense of relaxation and calm. The amino acid taurine stabilizes nerve cell membranes, which also results in a calming influence. Herbalists have traditionally used kava kava, lemon balm and valerian for their soothing and sedating effects on the nervous system.</p> | <p>During the transition period before menopause, many women experience difficulty with memory, focus and concentration. Brain neurotransmitters influence alert mental functioning, drive, ambition, and memory. Neurotransmitters that have stimulating properties, such as epinephrine, norepinephrine and dopamine, can support a positive outlook by activating a feeling of energy and vitality.</p> |
| CONTENT | St. John's Wort | Magnesium, Manganese, Zinc, Vitamins B-1, B-2, B-3, B-5, B-6, B-12 & C, Biotin, Folic Acid | GABA, Kava Kava, Lemon Balm, Taurine, Valerian, Vitamin B-6 | DMAE, L-Phenylalanine, L-Tyrosine, N-Acetyl L-Tyrosine, Vitamins B-5 & B-6 |

