

MOOD

Developed with Peter Bongiorno, N.D., LAc.†

Protocol Objective:

To help identify which patients will benefit from mood and emotional support related to neurotransmitter health, or whether the focus should best be directed to maintaining the body's physiological systems that may affect mood, such as sleep, hormone, nutrient, blood sugar and digestive balance. Providing support for these physiological systems may have a profound effect on one's mood, but the combination of both approaches may also be necessary for certain individuals.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Basic mood support	<p>Patient presents with low mood, low energy, poor motivation and challenged concentration</p> <p>May have low serotonin or other neurotransmitter imbalance</p> <p>Needs foundational nutrition support</p>	<p>Neurotransmitter Balance Formula: 202136</p>	1 capsule twice daily without food
		<p>Mood Systems Balance™ Formula: 202138</p>	2 capsules daily without food, may increase to 2 capsules twice daily for increased mood support‡
		<p>Ultra Preventive® Multivitamins Formula: Various</p>	As directed on bottle with food
		<p>QÜELL Fish Oil® EPA/DHA Plus D Formula: 200981</p>	1-2 softgels daily with food
Mood and sleep support	<p>Patient presents with low mood, low energy, poor motivation and challenged concentration</p> <p>Trouble falling asleep</p> <p>Patient presents with trouble staying asleep</p> <p>Difficulty staying asleep, especially in early morning hours</p> <p>Poor sleep with high nighttime cortisol</p> <p>Patient presents with racing thoughts, difficulty falling asleep</p>	<p>Neurotransmitter Balance Formula: 202136</p>	1 capsule twice daily without food
		<p>Melatonin 3 mg Formula: 202274</p>	1 capsule, 1 hour before bedtime
		<p>Melatonin Prolonged Release 3 mg Formula: 83199</p>	½ - 1 tablet at bedtime
		<p>L-Tryptophan Formula: 202677</p>	2-4 capsules at bedtime with a nonprotein simple carbohydrate food
		<p>Sereniten Plus Formula: 201348</p>	1-2 capsules, twice daily, without food
Mood support and hormonal balance	<p>Patient presents with low mood, low energy, poor motivation and challenged concentration</p> <p>Low daytime cortisol and fatigue, waking exhausted</p> <p>Poor mood especially during mid to later part of cycle or associated with perimenopausal symptoms</p> <p>Poor mood associated with low thyroid regulation</p> <p>Poor mood associated with low DHEA</p> <p>Poor mood associated with low testosterone</p>	<p>Neurotransmitter Balance Formula: 202136</p>	1 capsule twice daily without food
		<p>AdrenoMend™ (adaptagen) Formula: 200529 OR Adrenplus-300 (glandular) Formula: 7221</p>	2-4 capsules, in the morning, with food
		<p>ProgestoMend™ Formula: 201388</p>	2 - 4 capsules daily with food
		<p>ThyroMend™ Formula: 201381</p>	2 capsules daily with food
		<p>DHEA Formulas: 83025, DHEA1, 83050, DHEA, DHEA5, DHP</p>	5 - 50 mg daily as needed
		<p>TestoGain™ Formula: 201397</p>	1 - 2 capsules twice daily with food

†Dr. Bongiorno is a retained advisor to Douglas Laboratories.

*Please note that patients may not require all supplements listed.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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Mood and nutrient support	<p>Low mood, low energy, lack of enthusiasm, difficulty concentrating, regular sad or stressed feelings. These feelings are associated with:</p> <p>Low vitamin D status</p> <p>MTHFR gene test suggests compromised folate status</p> <p>Compromised folate status accompanied by elevated homocysteine</p> <p>Serum iron and ferritin assessment</p>	Neurotransmitter Balance Formula: 202136	1 capsule twice daily without food
		Vitamin D 125 mcg (5,000 IU) Formula: 200562	1-2 tablets daily with food
		Methyl Folate Formula: 202268	1-3 capsules daily
		Homocystrol® + TMG Formula: 201329	3 capsules daily
		Timed Release Iron Formula: 7962	1 tablet twice daily
Mood support with focus on healthy blood sugar	<p>Low mood, low energy, lack of enthusiasm. Patient may also have one or all of the following:</p> <p>Fasting blood sugar/insulin imbalances or blood sugar cravings</p>	Mood Systems Balance™ Formula: 202138	2 capsules twice daily without food
		Glucobrium™ Formula: 99155	1 capsule twice daily with food
Mood support with focus on healthy digestion	<p>Low mood, low energy, lack of enthusiasm.</p> <p>Patient may also have one or all of the following: bloating, diarrhea or constipation, belching, foul smelling stools</p>	Mood Systems Balance™ Formula: 202138	2 capsules twice daily without food
		GI Digest Formula: 201538	1 capsule with each meal
		Multi-Probiotic® 40 Billion Formula: 202634	2 capsules daily with food

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