

# MOOD

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## 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
<b>MBasic mood support</b>	May have low serotonin or other neurotransmitter imbalance	<b>Ultra Preventive®</b> multivitamin/mineral Formula: Various	As directed on bottle with food
	Needs foundational nutrition support	<b>QÜELL Fish Oil® EPA/DHA Plus D</b> Formula: 200981	1-2 softgels daily with food
<b>Mood and sleep support</b>	Patient presents with low mood, low energy, poor motivation and challenged concentration	<b>Melatonin 3 mg</b> Formula: 202274	1 capsule, 1 hour before bedtime
	Trouble falling asleep	<b>Melatonin Prolonged Release 3 mg</b> Formula: 83199	½ -1 tablet at bedtime
	Patient presents with trouble staying asleep	<b>L-Tryptophan</b> Formula: 202677	2-4 capsules at bedtime with a nonprotein simple carbohydrate food
	Difficulty staying asleep, especially in early morning hours	<b>Sereniten Plus</b> Formula: 201348	1-2 capsules, twice daily, without food
<b>Mood support and hormonal balance</b>	Poor sleep with high nighttime cortisol		
	Patient presents with racing thoughts, difficulty falling asleep		
	Patient presents with low mood, low energy, poor motivation and challenged concentration	<b>AdrenoMend™ (adaptagen)</b> Formula: 200529	2-4 capsules, in the morning, with food
	Low daytime cortisol and fatigue, waking exhausted	<b>ThyroMend™</b> Formula: 202703	2 capsules daily with food
	Poor mood especially during mid to later part of cycle or associated with perimenopausal symptoms	<b>DHEA</b> Formulas: 83025, DHEA1, 83050, DHEA, DHEA5, DHP	5 - 50 mg daily as needed
Poor mood associated with low thyroid regulation	<b>TestoGain™</b> Formula: 201397	1 - 2 capsules twice daily with food	
Poor mood associated with low DHEA			
Poor mood associated with low testosterone			

\*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.