

## Mood Systems Balance †

### DESCRIPTION

Mood Systems Balance™ is a blend of beneficial ingredients targeted to balance the body's systems correlated with mood and a sense of well-being.† Saffron extract, Rhodiola, Longvida® Optimized Curcumin, chromium and berberine support the physiology of the body that can affect mood and neurotransmitters such as cognition, HPA axis physiology, blood glucose regulation and healthy digestion.†

This formula can be taken in conjunction with Neurotransmitter Balance formulated with Dr. Peter Bongiorno if indicated for mood support.†

### FUNCTIONS

Glycemic control, healthy digestion and balanced hypothalamic-pituitary-adrenal (HPA) axis functions are 3 key functions to help optimize one's mood.† Several plant-based ingredients along with chromium have been shown to support these system functions.†

**Saffron** has been traditionally used as a calmativ e, mood support botanical, contributing to better digestion of food. *Crocus sativa* L. is native to the Middle East, particularly Spain. Animal studies show the compounds safranal and crocin found in the saffron stigma may exert effects on mood by balancing levels of dopamine, norepinephrine, and serotonin.† Saffron has been studied in six human clinical trials analyzing HAM-D scores (Hamilton Rating Scale) over 6-8 weeks, with meta-analysis showing this botanical to have clear and beneficial mood support properties.†

**Rhodiola** is a well-studied adaptogenic herb that supports many body systems, and can impact cardiovascular and cognitive health, especially as it relates to energy, mood, and sleep.† One six week trial assessed the efficacy of 340-680 mg of standardized rhodiola extract and found notable benefits compared to placebo.† It is believed the changes in monoamine levels are a result of compounds contained in *Rhodiola rosea* inhibiting the activity of the enzymes involved in the degradation of norepinephrine and serotonin, specifically monoamine oxidase and catechol-O-methyltransferase. It is also believed that *Rhodiola rosea* facilitates the transport of neurotransmitters within the brain.†

**Curcumin** is considered the active component in the Indian spice called turmeric. With a reputation spanning thousands of years, turmeric's mood benefits stem from its direct impact on brain chemistry.† It is hypothesized that curcumin supports mood by inhibiting the monoamine oxidase enzyme and modulating the release of serotonin and dopamine neurotransmitters. Longvida® Optimized Curcumin is a bioavailable form of curcumin utilizing SLCP™ technology, Solid Lipid Curcumin Particles, to aid in absorption and deliver brain-permeable free curcumin. A randomized, double-blind, placebo-controlled trial examined the effects of 400 mg Longvida® on cognitive function, mood and blood biomarkers in healthy aging adults. Working memory as well as mood, measured as calmness, contentedness and fatigue induced by psychological stress, were significantly supported following use of Longvida Optimized Curcumin.†

**Berberine** is a naturally occurring alkaloid known to help digestion, support blood sugar metabolism, and balance mood.† Berberine modulates gut microbiota, a key player in mood support.† It also supports central nervous system activities, particularly the ability to inhibit monoamine oxidase-A. Animal studies have shown berberine's ability to support mood, possibly through modulation of the sigma 1 receptor.† Human studies also show its ability to both support insulin action as well as digestive function.†

The essential trace element **chromium** is a component of glucose tolerance factor, a complex molecule in the body used to balance insulin levels and maintain already healthy blood sugar.† Chromium's mechanism may also exist in its ability to activate brain serotonin. In a small, placebo controlled trial chromium has demonstrated mood benefits in 70% of subjects.†

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### INDICATIONS

Mood Systems Balance is indicated for individuals that desire a balanced mood state and support of related body systems.†

### FORMULA (#202138-60X)

Serving Size 2 Vegetarian Capsules

Chromium (as Chromium Dinicocysteinate††)..... 400 mcg

*Rhodiola rosea* root Extract.....340 mg  
(standardized to 3% rosavins)

Berberine HCl..... 250 mg

LONGVIDA® Optimized Curcumin Extract.....200 mg  
(from *Curcuma longa* root)

Saffron Extract.....15 mg  
(*Crocus sativus* L, stigmas) (standardized to 2% safranal)

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, phosphatidylcholine (from soy), stearic acid, ascorbyl palmitate, and silica.

††Zychrome® brand chromium dinicocysteinate. Trademark of InterHealth N.I.

Longvida® is patent protected under EP 1993365, other patents pending, and is a registered trademark of Verdure Sciences Inc.

### SUGGESTED USE

Adults take 2 capsules, 1-2 times daily or as directed by your healthcare professional.

**Warning:** If you are pregnant, nursing or taking any prescription medication (especially anticoagulants, diabetic medication, anti-hypertensive medications, antidepressants, anti-seizure medications, immunosuppressant's), or if you have been diagnosed with bipolar disorder, consult your physician before using this product.

### SIDE EFFECTS

No adverse effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

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**For more information on Mood Systems Balance visit [douglaslabs.com](http://douglaslabs.com)**

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



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