

[Developed by Peter Bongiorno, N.D., LAc.]⁺

Protocol Objectives:

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	Select from the following Recommendations [‡]	Dosing
Basic Mood Support[‡]	Patient presents with low mood, low energy, poor motivation and challenged concentration May have low serotonin or other neurotransmitter imbalance Needs foundational nutrition support	Neurotransmitter Balance	1 capsule twice daily w/o food
		Mood Systems Balance™	2 capsules daily w/o food. May increase to 2 capsules twice daily for increased mood support [‡]
		Ultra Preventive® X	4-8 tablets/capsules daily with meals
		QÜELL® Fish Oil Clinical Strength EPA	1 - 3 softgels daily with food
Mood and Sleep Support[‡]	Patient presents with low mood, low energy, poor motivation and challenged concentration Trouble falling asleep Patient presents with trouble staying asleep Difficulty staying asleep, especially in early morning hours Poor sleep with high nighttime cortisol Patient presents with racing thoughts, difficulty falling asleep	Neurotransmitter Balance	1 capsule twice daily w/o food
		Melatonin 3mg	1 capsule 1 hour before bedtime
		Melatonin Prolonged Release	1/2 - 1 tablet at bedtime
		L- Tryptophan	2 - 4 capsules at bedtime with a non-protein simple carbohydrate food
		Sereniten Plus or Rest Reset™	1 - 2 capsules twice daily w/o food 1 capsule before bedtime
		Seditol® Plus	2 capsules before bedtime or 1 upon waking in the night
Mood Support and Hormonal Balance[‡]	Patient presents with low mood, low energy, poor motivation and challenged concentration Low daytime cortisol and fatigue, waking exhausted Poor mood especially during mid to later part of cycle or associated with perimenopausal symptoms Poor mood associated with low thyroid regulation Poor mood associated with low DHEA Poor mood associated with low testosterone	Neurotransmitter Balance	1 capsule twice daily w/o food
		AdrenoMend™ (adaptagen) or Adrenplus-300 (glandular)	2 - 4 capsules daily 1 capsule twice daily
		ProgestoMend™	2 - 4 capsules daily with food
		ThyroMend™	2 capsules daily with food
		DHEA	5 - 50 mg daily as needed
		TestoGain™	1 - 2 capsules twice daily with food
Mood and Nutrient Support[‡]	Low mood, low energy, lack of enthusiasm, difficulty concentrating, regular sad or stressed feelings. These feelings are associated with: Low vitamin D status MTHFR gene test suggests compromised folate status Compromised folate status accompanied by elevated homocysteine Serum iron and ferritin assessment	Neurotransmitter Balance	1 capsule twice daily w/o food
		Vitamin D 5,000 IU or D-Sorb™	5,000 IU - 12,500 IU daily with food
		Methyl Folate	1 - 15 mg daily
		Homocystrol+TMG	3 capsules daily
		Timed Release Iron	1 tablet twice daily
Mood Support with focus on Healthy Blood Sugar[‡]	Low mood, low energy, lack of enthusiasm. Patient may also have one or all of the following: fasting blood sugar/insulin imbalances or blood sugar cravings	Mood Systems Balance™	2 capsules twice daily w/o food
		Glucobrium™	1 capsule twice daily with food
Mood Support with focus on Healthy Digestion[‡]	Low mood, low energy, lack of enthusiasm. Patient may also have one or all of the following: bloating, diarrhea or constipation, belching, foul smelling stools	Mood Systems Balance™	2 capsules twice daily w/o food
		GI Digest	1 capsule with each meal
		Multi-Probiotic® 40 Billion	2 capsules daily with food

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

This information is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Available for download at douglaslabs.com/moodsupportprotocol

[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.