

# Mood-Stasis™

Natural support for healthy mood and positive mental outlook



By David M. Brady, ND, DC, CCN, DACBN & Amy Berger, MS

THIS INFORMATION IS PROVIDED AS A MEDICAL AND SCIENTIFIC EDUCATIONAL RESOURCE FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ("PRACTITIONERS"). THIS INFORMATION IS INTENDED FOR PRACTITIONERS TO USE AS A BASIS FOR DETERMINING WHETHER TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. ALL RECOMMENDATIONS REGARDING PROTOCOLS, DOSING, PRESCRIBING AND/OR USAGE INSTRUCTIONS SHOULD BE TAILORED TO THE INDIVIDUAL NEEDS OF THE PATIENT CONSIDERING THEIR MEDICAL HISTORY AND CONCOMITANT THERAPIES. THIS INFORMATION IS NOT INTENDED FOR USE BY CONSUMERS.

Mood-Stasis™ is a blend of vitamins and herbs formulated to elevate mood state, decrease anxiety and stress, relieve tension and help to promote an optimistic outlook.\* The mechanisms through which these effects occur include selective serotonin reuptake inhibition as well as dopamine uptake inhibition. Designed for once-a-day dosing, this product allows for easy patient compliance, as it will fit into the supplement regimens of individuals with demanding schedules and hectic lives, as well as those who prefer to limit the number of pills they take.

The ingredients in Mood-Stasis™ work synergistically to support a calm and positive mental outlook, without the unpleasant side-effects of pharmaceutical antidepressant medications. Also, unlike prescription antidepressants, this product is not habit-forming and will not induce dependency or withdrawal symptoms.\*

## Features

### Saffron Extract (as Saffr'Activ®)

Saffron is an all-natural extract derived from the red stigmas of the *Crocus sativus* flower (from which the culinary spice, saffron, is derived). It is standardized to contain 2% of the active crocins, and has been shown to have specific antidepressant action—a property that has led to the use of saffron as an adaptogen in Ayurvedic and traditional Persian medicine.<sup>1</sup> Research also supports its ability to decrease anxiety and enhance sleep quality. Saffron extract has been shown to improve memory and cognitive function in mouse models of impaired memory, as well as to reduce depressive symptoms in mice.<sup>2</sup> A double-blind, randomized, placebo-controlled study of adults who met the DSM-IV criteria for major depression showed that oral supplementation with saffron extract was more effective than placebo at improving scores on the commonly used Hamilton Rating Scale for Depression (HAM-D), with significant differences noted as early as two weeks after supplementation was initiated.<sup>3</sup>

Fortunately, we need not rely solely on animal studies and comparisons of saffron extract to placebos. Several human clinical trials support the potent antidepressant effect of crocins. In a double-blind, randomized trial that compared the effects of saffron extract to the commonly prescribed selective serotonin reuptake inhibitor (SSRI) fluoxetine, in adults with mild to moderate depression, saffron extract demonstrated similar efficacy to fluoxetine in significantly improving HAM-D scores, with fewer unpleasant side-effects.<sup>4</sup> Similar results were found in a double-blind trial that pitted saffron extract against the tricyclic antidepressant, imipramine. Saffron extract induced fewer side-effects in most categories that were recorded, although not all differences reached statistical significance.<sup>5</sup>

### Sceletium Extract (as Zembrin®)

The scelletium extract used in Mood-Stasis™ is a patented form of the South African plant *Sceletium tortuosum*. This plant has been used by indigenous peoples for centuries for relaxation, stress reduction, calming thirst and hunger signals prior to long hunting trips, and soothing infants from colic and teething.<sup>6,7</sup> Modern research has proven its benefits in enhancing positive mood and cognitive function, reducing stress and inducing calm without sedative effects. It accomplishes this via dual inhibitory mechanisms. First, it acts as an SSRI.<sup>8</sup> Sceletium binds to serotonin transporters, thereby inhibiting reuptake of serotonin from the synapse of serotonergic neurons, resulting in an increased serotonin concentration in the synaptic cleft. This is the same mechanism of action as prescription SSRIs.

### Mood-Stasis™ may be beneficial for:\*

- Supporting treatment of depression
- Anxiety and stress
- Promoting a positive outlook

### Highlights:

- Easy compliance - once-a-day dosing
- Fast-acting
- Non-addictive

## Supplement Facts

Serving Size 1 capsule

Amount Per Serving		% Daily Value
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 1600 mcg)	1360 mcg DFE	340%
Vitamin B-12 (as Methylcobalamin)	2000 mcg	83333%
Saffron Extract (as Saffr'Activ®) ( <i>Crocus sativus</i> )(stigma) [standardized to contain 2% crocins]	30 mg	*
Sceletium Extract (as Zembrin®) ( <i>Sceletium tortuosum</i> )(aerial parts) [standardized to contain a minimum of 0.38% total alkaloids]	25 mg	*

\* Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, cellulose (capsule), vegetable stearate, silicon dioxide.

Sceletium's second mechanism of action is as an inhibitor of phosphodiesterase-4 (PDE-4).<sup>8</sup> PDE-4 is an enzyme that hydrolyzes cyclic AMP (cAMP), and is highly expressed in brain regions involved in memory, anxiety and depression, including the amygdala, nucleus accumbens and hippocampus.<sup>9,10</sup> Animal models suggest PDE-4 inhibitors can reverse depression, improve cognition and alleviate anxiety.<sup>11</sup> A small, double-blind, placebo-controlled crossover study showed that oral supplementation with scelletium resulted in significant attenuation of the threat circuitry of the human brain, which may have positive implications for reducing anxiety.<sup>7</sup> PDE-4 inhibitors may have positive effects on cognitive function and overall neurological health by enhancing the differentiation of oligodendrocyte progenitor cells (OPCs) and facilitating acceleration of re-myelination of damaged cells in the central nervous system.<sup>12</sup> Moreover, it has been suggested that SSRIs and PDE-4 inhibitors work synergistically, because use of SSRIs may upregulate PDE-4 activity, subsequently reducing sensitivity to SSRIs over the long-term. Therefore, a product capable of both actions may be more effective and have broader therapeutic utility than either intervention on its own.<sup>7,13</sup>

### **Vitamin B12 (methylcobalamin) and Folate (Quatrefolic® [6S]-5-methyltetrahydrofolate)**

Individuals with low mood and poor cognitive function are frequently deficient in these two B vitamins.<sup>14,15</sup> The elderly are particularly at risk for folate and B12 deficiencies. In fact, researchers believe B12 deficiency—even subclinical deficiency, with levels still in the “normal” range—may be one of the major risk factors for brain atrophy and cognitive decline in this population. Prioritization of B12 repletion is recommended when working with patients with neurological conditions and cognitive decline/impairment, due in part to the key role of B12 in the synthesis and maintenance of healthy myelin.<sup>16,17</sup>

Oral supplementation with folic acid and B12 may improve cognitive function in older adults with depressive symptoms.<sup>18</sup> While older adults typically have high risk for deficiencies of these nutrients, younger individuals are not immune. A Japanese study determined that low folate status is causally linked to depressive symptoms in women of reproductive age, and there was a reduced incidence of depression among women exceeding the RDA for folate.<sup>19</sup> Similar findings were revealed among adolescents, in whom folate intake was inversely associated with depressive symptoms.<sup>20</sup>

Folate and B12 are key players in methylation and one-carbon metabolism, such as in the formation of positive mood supporting S-adenosylmethionine (SAMe). The MTHFR C677T polymorphism, which is associated with depression (likely due to impaired methylation), may respond to supplementation with B12 and folate.<sup>14</sup> Moreover, B12 repletion has been shown to enhance the efficacy of antidepressant medication in patients with depression and low normal B12 levels. In a trial that compared antidepressant use to antidepressants with additional B12 injections, 100% of the subjects in the B12 study arm showed at least a 20% improvement in HAM-D scores, compared to 69% of the control arm with the antidepressant alone.<sup>21</sup> It is well established that folate supplementation has similar effects in enhancing the efficacy of antidepressant agents. Individuals who do not respond to antidepressant medication, or who develop resistance to treatment over time, may benefit from folate repletion.<sup>22-24</sup> Notably, synthetic folic acid may not have the same effects as natural forms of folate with regard to ameliorating depression and cognitive impairment.<sup>25</sup> Mood-Stasis™ is carefully formulated to employ the total synergism of these ingredients by combining vitamin B12 (as methylcobalamin) and methyltetrahydrofolate with the antidepressant effects of saffron and scelletium.

#### **Recommended Use:**

- As a dietary supplement, take 1 capsule per day, or as directed by your health care practitioner.
- This product may be used in conjunction with Designs for Health's CatecholaCalm™, NeuroCalm™ or 5-HTP Synergy™/Supreme™.
- Use caution with this product when recommending to patients who are pregnant, breastfeeding, or taking an antidepressant or anxiety medication.

*For a list of references cited in this document, please visit:*

<https://www.designsforhealth.com/techsheet-references/mood-stasis-references.pdf>

**Saffr'Active® is a registered trademark of Nutraceuticals International Group.**

**Zembrin® is a registered trademark of HG&H Pharmaceuticals (Pty) Limited.  
U.S. Patents #6,288,104 and U.S. Patent #8,552,051.**

**Quatrefolic® is covered by U.S. Patent No. 7,947,662  
and is a registered trademark of Gnosis S.p.A.**

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities. Individual monitoring, including liver function tests, may be appropriate.

\*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.

**To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).**