

# GUIDE TO **COGNITIVE & MOOD** SUPPORT FOR HEALTHY AGING<sup>‡</sup>



**DOUGLAS** LABORATORIES® | PUSHING POTENTIAL.

<sup>‡</sup>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.

## COGNITIVE & MOOD

As we age, changes occur in many areas of our brain — notably in the prefrontal cortex and hippocampus — that can affect brain volume, neurotransmitter levels, protein and glucose metabolism, blood flow, and blood vessel structure. These changes may impact our memory recall, ability to perform tasks, emotional well-being and compromise our overall quality of life. Factors such as genetics, diet, exercise and the environment can all influence cognitive health during later years. Emerging research continues to focus on how we may be able to provide nutritional support during many of the normal, age-related changes we observe in brain function.‡



## CLINICAL ADVISOR

Peter Bongiorno, N.D., L.Ac<sup>+</sup>

Dr. Bongiorno is president of the NY Association of Naturopathic Physicians and co-medical director of Inner Source Health in New York with his wife, Dr. Pina LoGiudice. In 2010, he authored the first comprehensive textbook designed to teach physicians how to use natural medicine for mood support. Dr. Bongiorno has been regularly interviewed on national television and radio as a natural medicine expert, and writes articles for national media, including Psychology Today.



<sup>+</sup> Dr. Bongiorno is a retained advisor to Douglas Laboratories.

## COGNITIVE & MOOD

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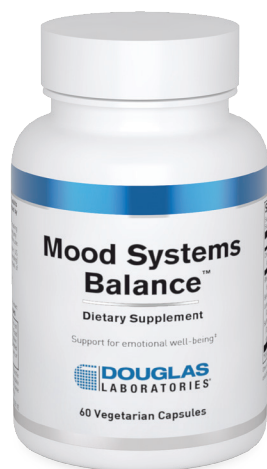
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 Denotes private label-eligible formula

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

## EMOTIONAL WELLNESS



Mood Systems Balance™ is a blend of beneficial ingredients targeted to balance those systems correlated with mood and a sense of well-being. Saffron extract, Rhodiola, Longvida® Optimized Curcumin, chromium and berberine support mood, neurotransmitters, cognition, HPA axis physiology, healthy blood glucose metabolism, and digestion. This formula can be taken in conjunction with Neurotransmitter Balance, if indicated for complete emotional wellness support.‡

[ Formulated by Peter Bongiorno, N.D., L.Ac. ]†

### Mood Systems Balance™

Support for emotional well-being‡

#### Formula

202138

60 Vegetarian Capsules

Suggested Usage: 2 daily

#### Size

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

##### Amount Per Serving

Chromium (as chromium dinicocysteinate <sup>1</sup> )	400 mcg
Rhodiola rosea root extract	340 mg
(standardized to 3% rosavins)	
Berberine HCl	250 mg
Longvida® Optimized curcumin extract	200 mg
(from <i>Curcuma longa</i> root)	
Saffron extract	15 mg
( <i>Crocus sativus</i> L. stigmas) (standardized to 2% safranal)	

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

Longvida® extract is patented under US 9192644 & EP 1993365 (other patents pending) and Longvida® is a registered trademark of Verdure Sciences Inc.

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

## Modulation of MAO‡

Rhodiola, berberine and curcumin may function to maintain healthy activity of monoamine oxidase-A, an enzyme involved in the degradation of norepinephrine and serotonin.‡

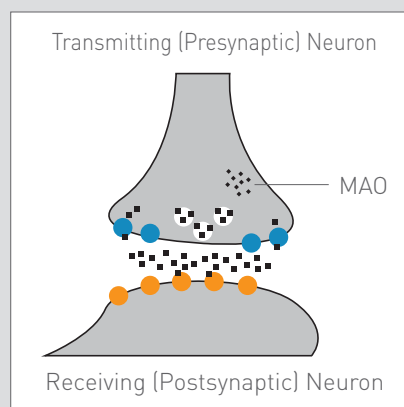
### Norepinephrine or Serotonin synapse

Norepinephrine and serotonin are normally destroyed by the enzyme monoamine oxidase (MAO). Moderating the destruction of norepinephrine and serotonin may allow the neurotransmitters to remain active longer.‡

Kulkarni S, Dhir A, Akula KK. *Scientific World Journal*. 2009;9:1233-41.

*Eur J Pharmacol*. 2008 Jul 28;589(1-3):163-72.

*Alternative Medicine Review* 2002. Volume 7, Number 5



- Neurotransmitter Transporter (or reuptake site)
- Neurotransmitter Receptor

## Brain Mood

Serotonin support‡

#### Formula

98724

#### Size

60 Vegetarian Capsules

Suggested Usage: 1, 3 times daily

Brain Mood is a blend of ingredients to support emotional well-being.‡

#### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

##### Amount Per Serving

Thiamine (as thiamine HCl)	15 mg
Niacinamide	25 mg
Folic acid	300 mcg
Vitamin B <sub>12</sub> (as cyanocobalamin)	250 mcg
Pantothenic acid (as calcium pantothenate)	25 mg
5-Hydroxytryptophan	100 mg
St. John's wort extract (flowers and tops)	300 mg
(standardized to contain 0.3% hypericin)	

Other ingredients: Cellulose and vegetable stearate.

## Inositol

Neurological, cognitive and reproductive health<sup>‡</sup>

Formula	Size
80801	100 Capsules

**Suggested Usage:** 1 daily

Inositol supplies 650 mg of inositol, also known as myo-inositol, for neurological health, behavior and mood balance, and healthy ovarian function.<sup>‡</sup>

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	
Inositol .....	650 mg
Other ingredients: Cellulose, gelatin (capsule), and vegetable stearate.	

[ Formulated by Peter Bongiorno, N.D., L.Ac. ]<sup>‡</sup>

## Neurotransmitter Balance

Support for a sense of calmness, well-being, and restful sleep<sup>‡</sup>

Formula	Size
202136	60 Vegetarian Capsules

**Suggested Usage:** 2 daily

Neurotransmitter Balance is a dietary blend of several ingredients designed to support mood and feelings of emotional wellness by optimizing neurotransmitters. This formula includes important complementary nutrients for multiple neurotransmitters in order to support mood. The unique ingredient Venetron<sup>®</sup>, a Rafuma leaf extract, is a safe botanical alternative to St. John's Wort. Venetron's bioactive properties, including hyperoside and isoquercetin, have been shown in clinical studies to work through the GABA system to support a sense of calmness and well-being, and to promote restful sleep.<sup>‡</sup>

### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	
L-Tyrosine .....	300 mg
<i>Mucuna pruriens</i> extract (seed).....	200 mg
SAMe (S-Adenosylmethionine) .....	200 mg
(from S-Adenosyl-L-methionine disulfate p-toluenesulfonate)	
5-HTP (as L-5-hydroxytryptophan).....	75 mg
Venetron <sup>®</sup> (Rafuma leaf extract) ( <i>Apocynum venetum</i> L.) .....	50 mg

Other ingredients: Capsule (hydroxypropyl methylcellulose, gellan gum, water), calcium chloride, calcium oxide.

Venetron<sup>®</sup> is a registered trademark of Tokiwa Phytochemical Co., Ltd.

<sup>‡</sup> Dr. Bongiorno is a retained advisor to Douglas Laboratories.

## SAM-e

Support for mood, methylation and healthy joints<sup>‡</sup>

Formula	Size
202170	60 Vegetarian Capsules

**Suggested Usage:** 1-2 daily

SAM-e delivers 200 mg of S-adenosyl-methionine in acid-resistant capsules that provide both protection and pH-targeted release in intestinal fluid. SAM-e is a methyl donor in the methylation reactions shown to form monoamine neurotransmitters such as dopamine, serotonin and norepinephrine. Human studies show SAM-e supports positive mood and healthy central nervous system function.<sup>‡</sup>

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	
SAMe .....	200 mg
(as S-adenosylmethionine from S-adenosyl-L-methionine disulfate tosylate)	

Other ingredients: Capsule (hydroxypropyl methylcellulose, gellan gum, water), microcrystalline cellulose, calcium oxide, ascorbyl palmitate, calcium chloride.

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**ADDITIONAL**  
**EMOTIONAL WELLNESS PRODUCTS:**

NAME	FORMULA
5-HTP .....	5HTP
Brain Energy.....	98723-60X
L-Tryptophan.....	200448-60X
St. John's Wort Max-V .....	77373-60X

# COGNITIVE/MEMORY



Optimized Curcumin With Neurophenol® is a unique formula containing two clinically supported and trademarked ingredients: Longvida® Optimized Curcumin with extended absorption and bioavailability, and Neurophenol®, a proprietary blend of standardized blueberry and grape extracts.

## Optimized Curcumin With Neurophenol®

Support for healthy cognitive performance†

Formula	Size
202524	60 Vegetarian Capsules

Suggested Usage: 2-4 daily

### SUPPLEMENT FACTS PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

#### Amount Per Serving

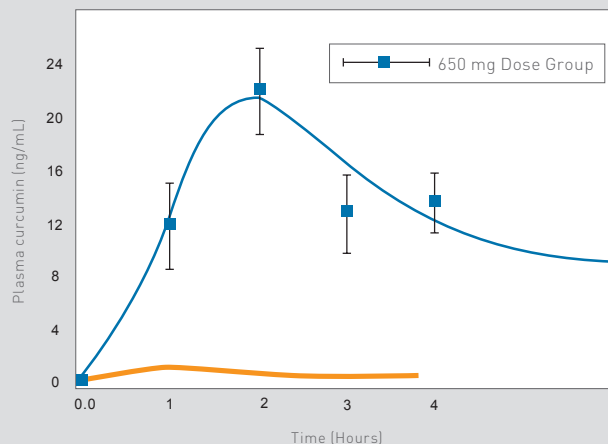
Longvida® Optimized curcumin extract.....	400 mg
(from <i>Curcuma longa</i> , rhizomes)	
Proprietary Neurophenol® blend.....	300 mg
Providing 85 mg of flavonoids (flavan-3-ols, phenolic acids, flavonols, anthocyanins, resveratrol) from:	
Grape extract ( <i>Vitis vinifera</i> , fruit) and wild blueberry extract ( <i>Vaccinium angustifolium</i> , fruit)	

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, sunflower lecithin, stearic acid, maltodextrin, ascorbyl palmitate and silicon dioxide.

Longvida® extract is patented under US 9192644 & EP 1993365 (other patents pending) and Longvida® is a registered trademark of Verdure Sciences Inc..

Neurophenol® is a registered trademark used with permission.

## Longvida® Optimized Curcumin



Longvida® (blue line) is 65 times more bioavailable than 95% curcuminoids (orange line). (Gota et al. 2010)

## Brain Memory

Supports acetylcholine and cognitive function†

Formula	Size
99580	60 Vegetarian Capsules

Suggested Usage: 1 daily

Brain Memory is a combination of nutrients specially designed to support production of acetylcholine, which plays an important role in brain processes associated with memory.†

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

#### Amount Per Serving

GPC choline (yielding 50 mg glyceryl-phosphorylcholine) .....	100 mg
Acetyl L-Carnitine .....	100 mg
<i>Ginkgo biloba</i> extract .....	25 mg
(leaf, standardized to 24% ginkgo flavone glycosides and 6% terpene lactones)	
<i>Huperzia serrata</i> extract .....	5 mg
(entire plant, standardized to 1% huperzine A)	

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, silica, vegetable stearate, and magnesium silicate.

Contains: Soy.

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C8 Max MCT Powder is a novel medium-chain triglyceride (MCT) that delivers 10 g of concentrated caprylic acid (C8) in an easy-to-use powder form. This neutral-tasting powder easily mixes into beverages and can be used in cooking for an extra boost of dietary MCT and enhanced ketone production.<sup>‡</sup>

## C8 Max MCT Powder

Supports cognitive function, ketone production and weight management<sup>††</sup>

Formula	Size
57743P	290 g

Suggested Usage: 1 scoop daily

### SUPPLEMENT FACTS PL

Serving Size 1 Scoop • Servings Per Container Approx. 20

Amount Per Serving	
Calories .....	109
Total Fat .....	10 g
Saturated Fat.....	10 g
Total Carbohydrate.....	3 g
Dietary Fiber.....	1 g
Protein .....	1 g
Medium Chain Triglycerides (C8Vantage™) .....	10 g
(Supplying 95% caprylic acid triglycerides (C8))	

Other ingredients: Pea protein and tapioca fiber  
 Take 1 scoop daily blended into liquid or food of choice.  
 C8Vantage™ is a trademark of NNB Nutrition

## Keto Metabolic™ Exogenous Ketones

Supports ketosis for brain fuel, satiety, and metabolic energy<sup>†</sup>

Formula	Size
57739P	300 g

Suggested Usage: 1 scoop daily

Keto Metabolic™ offers a blend of ketogenic mineral compounds to support exogenous ketone production for healthy brain function, weight management<sup>†</sup> and athletic endurance. The refreshing strawberry-lemonade flavor can be mixed with water or preferred beverage to deliver 10 g of beta-hydroxybutyrate per serving.<sup>‡</sup>

### SUPPLEMENT FACTS PL

Serving Size 1 Scoop • Servings Per Container Approx. 20

Amount Per Serving	
Calories .....	5
Total Carbohydrate.....	1 g
Calcium (from calcium beta-hydroxybutyrate).....	600 mg
Magnesium (from magnesium beta-hydroxybutyrate).....	350 mg
Sodium (from sodium beta-hydroxybutyrate).....	900 mg
Beta-Hydroxybutyrate .....	10 g
(from a blend of calcium beta-hydroxybutyrate, magnesium beta-hydroxybutyrate, and sodium beta-hydroxybutyrate)	

Other ingredients: Citric acid, natural strawberry and lemonade flavors, malic acid and purified stevia leaf extract

Take 1 scoop daily dissolved in 8-10 oz of liquid before or between meals.

<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

## MCT/Butyrate Liquid with SunButyrate™

Supports cognitive function and ketone production‡

Formula	Size
57689	460 ml

Suggested Usage: 1-3 daily

MCT/Butyrate Liquid with SunButyrate™ combines two unique ingredients to fuel the brain by way of ketone production. Ketones are energy-producing molecules made from fatty acids such as medium-chain triglycerides (MCT) and butyrate triglycerides. MCT/Butyrate Liquid provides highly concentrated caprylic acid and butyric acid in a pleasant, lemon vanilla-flavored liquid featuring SunButyrate™, a novel ingredient that provides stable, tasty butyrate.‡

### SUPPLEMENT FACTS PL

Serving Size 1 Tablespoon • Servings Per Container 30

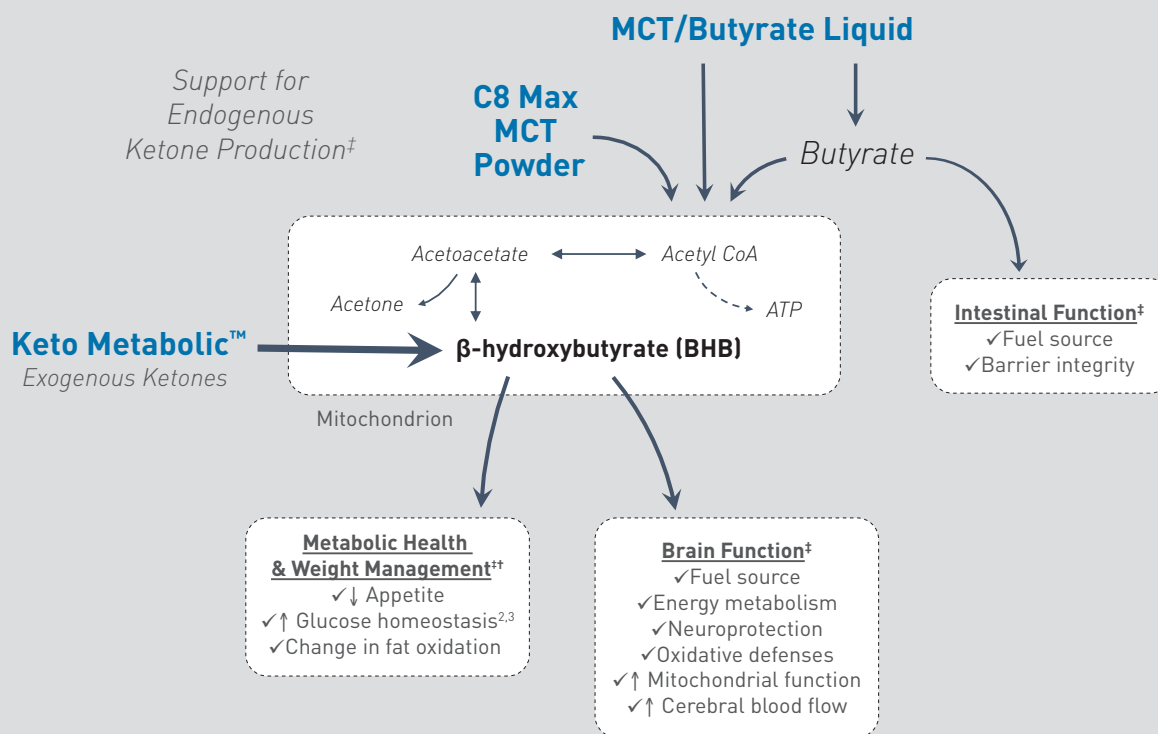
Amount Per Serving	
Calories .....	130
Total Fat .....	14 g
Saturated Fat .....	10 g
Medium-Chain Triglycerides .....	8.6 g
Providing 8 g caprylic acid (C8)	
SunButyrate™ Butyrate Triglyceride .....	5 g
Providing 965 mg butyric acid	

Other ingredients: Natural vanilla flavor, lemon oil, mixed tocopherols (from sunflower) and rosemary extract

Take 1 tablespoon 1-3 times daily with meals.

SunButyrate™ is a trademark used under license.

## Mechanisms of Ketogenic Support



Douglas Laboratories® provides evidence-based, complementary options for effective ketone augmentation and associated cognitive and metabolic health benefits.‡

- The MCTs in **C8 Max MCT Powder** and **MCT/Butyrate Liquid** increase **endogenous ketone** production by elevating acetyl CoA, the body's designated ketogenic precursor. In addition to promoting endogenous ketone production, butyrate serves as a fuel source for the intestinal tract and offers support for barrier function.‡
- In contrast to MCT and butyrate, **Keto Metabolic™** delivers **exogenous ketones** directly, in the form of  $\beta$ -hydroxybutyrate, the most abundant of the three ketones (which include acetoacetate and acetone) present during nutritional ketosis.‡

2. Occurs with endogenous ketones. More research is needed to determine whether exogenous ketones emulate this effect.

3. MCT supplementation moderates postprandial glucose when given before meals.

‡Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

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## Ginkgo Biloba Max-V

Circulatory and cognitive health†

Formula	Size
77330	60 Vegetarian Capsules

**Suggested Usage:** 1 capsule, twice daily

Ginkgo Biloba Max-V contains 60 mg of the herb *Ginkgo biloba* in a vegetarian capsule. The active ingredients, ginkgo flavone glycosides, support the body's natural defense mechanisms against free radicals, as well as help maintain healthy circulatory function and mental performance.‡

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	
Ginkgo herbal extract (leaf) ( <i>Ginkgo biloba</i> L.)	60 mg
Standardized to provide 14.4 mg of ginkgo flavone glycosides (24%)	
<i>Ginkgo biloba</i> ( <i>Ginkgo biloba</i> L., leaf) (non-standardized)	150 mg

Other ingredients: Cellulose, hydroxypropyl methylcellulose, vegetable stearate and silica.



Specific nutrients such as coenzyme Q<sub>10</sub>, magnesium, and B-vitamins are associated with functioning of neurological pathways. Neuro Comfort is a formula designed by neurological specialists based on ingredient research to support normal brain neuron sensitivity, cerebral vessel relaxation and healthy mitochondrial function, all of which may lead to overall head comfort.‡

[ Formulated by Patrick Hogan, D.O. ]†

## Neuro Comfort

Support for cerebral relaxation and healthy neurological function†

Formula	Size
202021	60 Vegetarian Capsules

**Suggested Usage:** 2 daily

### SUPPLEMENT FACTS PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	
Riboflavin	400 mg
Folate (as L-methylfolate, Metafolin®)	400 mcg
Vitamin B <sub>12</sub> (as methylcobalamin)	1,000 mcg
Magnesium (from 550 mg magnesium glycinate)	95 mg
Coenzyme Q <sub>10</sub>	100 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

† Dr. Patrick Hogan is a retained advisor to Douglas Laboratories.



## PQQ Plus with BioPQQ®

Neurological health†

Formula	Size
200559	30 Vegetarian Capsules

Suggested Usage: 1 daily

PQQ Plus supplies 20 mg pyrroloquinoline quinone (PQQ) and 50 mg of alpha glycerylphosphoryl choline (alpha GPC) in each vegetarian capsule for neurological health. Evidence indicates PQQ can support several signal transduction pathways that are important in maintaining mitochondrial homeostasis and oxidative function, as well as supporting healthy levels of nerve growth factor and receptor activity.‡

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	
BioPQQ® [as pyrroloquinoline disodium salt] .....	20 mg
Alpha GPC [alpha glycerylphosphorylcholine (from soy)].....	50 mg

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), vegetable stearate and silica.

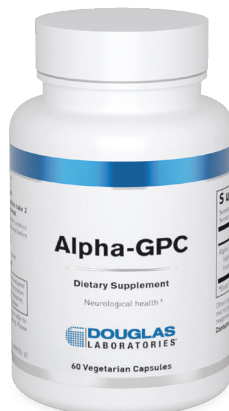
Contains: Soy.

BioPQQ® is a registered trademark of MGC (Japan).

Visit [douglaslabs.com/cognitive\\_mood.html](http://douglaslabs.com/cognitive_mood.html) for  
**ADDITIONAL**  
**COGNITIVE/MEMORY PRODUCTS:**

NAME	FORMULA
Acetyl-L-Carnitine .....	.82730-60X
Acetyl-L-Carnitine .....	.82730-120X
Cogni-flex™ .....	.83915-60X
Juvenon Pro Cognitive.....	.201308-90X
NeuroTone® .....	NRT
Vinpocetine .....	.8502-90X

## PHOSPHOLIPIDS



Alpha-GPC supplies 250 mg of glycerophosphocholine, a nutrient important for neurological health, in each vegetarian capsule.‡

### Alpha-GPC

Neurological health†

Formula	Size
99255	60 Vegetarian Capsules

Suggested Usage: 2 daily

### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	
Alpha-GPC .....	500 mg
(L-Alpha-glycerylphosphorylcholine) (from soy)	

Other ingredients: Cellulose, silica, vegetable stearate and magnesium silicate.

Contains: Soy.

### Lecithin 1200 mg

Neurological and cardiovascular health†

Formula	Size
202254	100 Softgels

Suggested Usage: 1 daily

Lecithin, supplied in softgels derived from sunflower seeds provides phospholipids to support neurological and cardiovascular health.‡

### SUPPLEMENT FACTS PL

Serving Size 1 Softgel • Servings Per Container 100

Amount Per Serving	
Calories .....	10
Calories from fat.....	10
Total fat .....	1 g
Polyunsaturated fat.....	0.5 g
Lecithin (from sunflower).....	1,200 mg

Other ingredients: Capsule (bovine gelatin, glycerin, and purified water).

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# MOOD SUPPORT PROTOCOL<sup>‡</sup>

[ Developed by Peter Bongiorno, N.D., LAc. ]<sup>+</sup>

## Protocol Objectives:

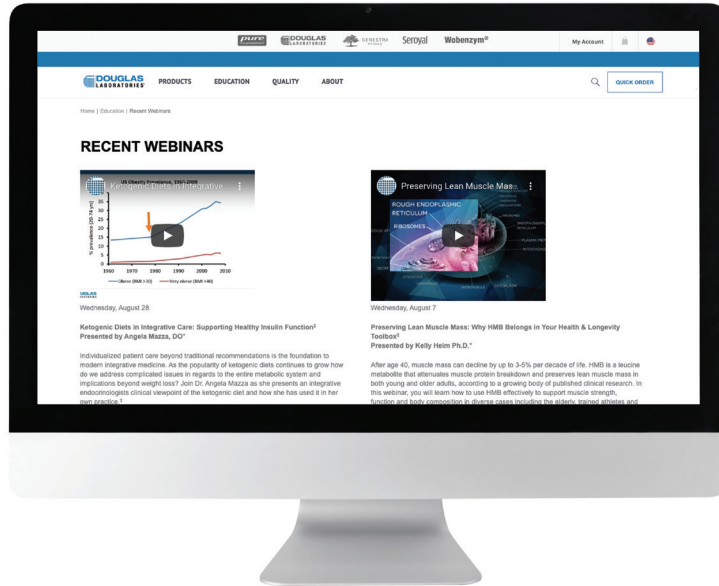
To help identify which patients will benefit from mood and emotional support related to neurotransmitter health, or whether the focus should best be directed to maintaining the body's physiological systems that may affect mood, such as sleep, hormone, nutrient, blood sugar and digestive balance. Providing 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.<sup>‡</sup>

Clinical Objective	Assessment	Select from the following Recommendations <sup>‡</sup>	Dosing
<b>Basic Mood Support<sup>‡</sup></b>	Patient presents with low mood, low energy, poor motivation and challenged concentration  May have low serotonin or other neurotransmitter imbalance  Needs foundational nutrition support	<b>Neurotransmitter Balance</b>	1 capsule twice daily w/o food
		<b>Mood Systems Balance™</b>	2 capsules daily w/o food. May increase to 2 capsules twice daily for increased mood support <sup>‡</sup>
		<b>Ultra Preventive® X</b>	4-8 tablets/capsules daily with meals
		<b>QÜELL® Fish Oil Clinical Strength EPA</b>	1 - 3 softgels daily with food
<b>Mood and Sleep Support<sup>‡</sup></b>	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	<b>Neurotransmitter Balance</b>	1 capsule twice daily w/o food
		<b>Melatonin 3mg</b>	1 capsule 1 hour before bedtime
		<b>Melatonin Prolonged Release</b>	1/2 - 1 tablet at bedtime
		<b>L- Tryptophan</b>	2 - 4 capsules at bedtime with a non-protein simple carbohydrate food
		<b>Sereniten Plus</b> or <b>Rest Reset™</b>	1 - 2 capsules twice daily w/o food  1 capsule before bedtime
		<b>Seditol® Plus</b>	2 capsules before bedtime or 1 upon waking in the night
<b>Mood Support and Hormonal Balance<sup>‡</sup></b>	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	<b>Neurotransmitter Balance</b>	1 capsule twice daily w/o food
		<b>AdrenoMend™ (adaptagen)</b> or <b>Adrenplus-300 (glandular)</b>	2 - 4 capsules daily  1 capsule twice daily
		<b>ProgestoMend™</b>	2 - 4 capsules daily with food
		<b>ThyroMend™</b>	2 capsules daily with food
		<b>DHEA</b>	5 - 50 mg daily as needed
		<b>TestoGain™</b>	1 - 2 capsules twice daily with food
<b>Mood and Nutrient Support<sup>‡</sup></b>	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	<b>Neurotransmitter Balance</b>	1 capsule twice daily w/o food
		<b>Vitamin D 5,000 IU</b> or <b>D-Sorb™</b>	5,000 IU - 12,500 IU daily with food
		<b>Methyl Folate</b>	1 - 15 mg daily
		<b>Homocystrol+TMG</b>	3 capsules daily
		<b>Timed Release Iron</b>	1 tablet twice daily
<b>Mood Support with focus on Healthy Blood Sugar<sup>‡</sup></b>	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	<b>Mood Systems Balance™</b>	2 capsules twice daily w/o food
		<b>GlucoBrium™</b>	1 capsule twice daily with food
<b>Mood Support with focus on Healthy Digestion<sup>‡</sup></b>	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	<b>Mood Systems Balance™</b>	2 capsules twice daily w/o food
		<b>GI Digest</b>	1 capsule with each meal
		<b>Multi-Probiotic® 40 Billion</b>	2 capsules daily with food

<sup>+</sup> 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 [dougslabs.com/moodsupportprotocol](https://dougslabs.com/moodsupportprotocol)



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3. You will receive an email immediately after registering to complete your account activation.

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- Shipping is FREE for orders over \$300 (U.S. phone orders only).
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- Phone orders under \$300 please add \$10 for shipping.

### VOLUME DISCOUNTS

Shipments over \$2,000 10%  
Shipments over \$1,000 7%  
Shipments over \$500 5%  
Shipments over \$300 FREE Shipping

*For Hawaii, Puerto Rico and Alaska there is a \$12 flat rate shipping fee and free shipping is at \$500.*

### PAYMENT TERMS

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\*Valid in USA and for online orders only. Cannot be combined with any other promotions. Free standard shipping will apply to entire order and become available under Shipping Method.

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Douglas Laboratories® researches, develops and manufactures the right suite of rigorously designed, science-based, healthy aging supplements, and provides customized practice support. For more than 60 years, we have been innovating and designing products to meet the needs of healthcare professionals, and we continue to push the potential of both clinical practices and patients to perform at their personal best, today and in the future. Douglas Laboratories is both GMP and NSF International registered, and is approved to produce NSF Certified for Sport® products.‡



Access our key healthy aging categories developed for customized patient support at [douglaslabs.com](https://douglaslabs.com).‡



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‡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.

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