



Eskaloft

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving

Vitamin B6 (pyridoxal 5'-phosphate)	25 mg
Folate (as 5-formyltetrahydrofolate, calcium salt and 5-methyltetrahydrofolate, glucosamine salt)	400 mcg
Vitamin B12 (methylcobalamin)	2 mg
DMAE (DMAE bitartrate)	200 mg
N-acetyl-L-tyrosine	200 mg
St. John's wort extract (flowering tops) (<i>Hypericum perforatum</i>) (0.3% hypericin)	150 mg
GABA	100 mg
Rhodiola root extract (<i>Rhodiola rosea</i>) (3% rosavins & 1% salidroside)	100 mg
5-HTP (from <i>Griffonia simplicifolia</i> seed extract)	50 mg
L-theanine	50 mg
Lithium (as lithium orotate)	5 mg

OTHER INGREDIENTS: Cellulose, silica.

SUGGESTED USE: As a dietary supplement, take 2 capsules per day or as directed by your healthcare professional.

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3. Linde K, Mulrow CD. St. John's wort for depression. *Cochrane Database Syst Rev* 2000;2:CD000448.
4. Gelenberg AJ, Gibson CJ. Tyrosine for the treatment of depression. *Nutr Health.* 1984; 3:163-173.
5. Neumeister A, Turner EH, Matthews JR, Postolache TT, Barnett RL, Raub M, Veticic RG, Kasper S, Rosenthal NE. Effects of tryptophan depletion vs. catecholamine depletion in patients with seasonal affective disorder in remission with light therapy. *Arch Gen Psychiatry.* 1998 Jun;55(6):524-30.

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SUPPORT FOR A BALANCED, HEALTHY EMOTIONAL EXPRESSION*

- A blend of nutrients and amino acids to nutritionally support an enhanced mood*
- Mood-modulating benefits for those with low spirits or unstable altering moods*

RHODIOLA ROSEA EXTRACT (ROOT) grows in the arctic regions of eastern Siberia. It has been used to enhance work performance, decrease physical and mental fatigue, increase stamina, and support depressed moods. Rhodiola is considered an adaptogenic herb because of its ability to increase the body's resistance to stress. Research shows that those who take rhodiola experience less fatigue under stress, improved exercise endurance, a decrease in inflammatory markers such as C-reactive protein (CRP), memory support, and improved ability to learn. Other research suggests that rhodiola also has cardioprotective, hepatoprotective, and myeloprotective effects, while also improving intracellular DNA repair mechanisms. It is currently not recommended for pregnant or nursing mothers.*

ST. JOHN'S WORT EXTRACT (FLOWER)(HYPERICUM PERFORATUM)(.3% hypericin, 3% hyperforin) acts to enhance mood as well as inhibit norepinephrine reuptake. In this way, St. John's wort supports the mood regulatory effects of both serotonin and norepinephrine neurotransmitters.*

CONTRAINDICATIONS: St. John's wort is generally well tolerated with less adverse effects than conventional antidepressants. However, St. John's wort is a potent inducer of the cytochrome P450 enzyme CYP3A4, which may cause potentially harmful interactions with pharmaceutical drugs such as serotonin antagonists, benzodiazepines, selective serotonin re-uptake inhibitors (SSRIs), tricyclic antidepressants, calcium channel blockers, chemotherapeutic agents, contraceptive medications, and many others.

N-ACETYL L-TYROSINE (NAT) is the bioactive form of L-tyrosine. Tyrosine is a precursor for dopamine, norepinephrine, and epinephrine production. Tyrosine also helps support adrenal catecholamine production and thyroid hormone production. Many people with mood disturbances may have low catecholamine production.*

CONTRAINDICATIONS: Tyrosine is contraindicated in those with alkaptonuria, tyrosinemia type 1 or 2, those taking MAO inhibitors, pregnant women, those with hypertension, and those with melanoma skin cancer.

DMAE (DIMETHYL AMINO ETHANOL) is a precursor to choline and may support the production of acetylcholine in the CNS. Increased acetylcholine production can improve cognitive function and enhance mood. Research has shown that those taking DMAE for three months experienced enhanced vigilance, improved mood, increased physical activity, and a better sense of overall well-being.*

5-HYDROXY L-TRYPTOPHAN (5HTP) is the immediate precursor to 5-hydroxy tryptamine (serotonin). As such, 5-HTP is a useful nutritional product to support healthy serotonin production. Symptoms

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REFERENCES:

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7. Coppen A, Bolander-Gouaille C. Treatment of depression: time to consider folic acid and vitamin B12. *J Psychopharmacol.* 2005 Jan;19(1):59-65. Review.
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*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.

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of serotonin deficiency may include depression, anxiety, irritability, fears, phobias, negative thoughts, sleep problems, cravings for simple sugars and alcohol, binge eating, tension headaches, fibromyalgia, and premenstrual syndrome (PMS).* **CONTRAINDICATIONS:** 5-HTP is contraindicated in those with carcinoid tumors and should be avoided during use of SSRI and tricyclic antidepressant medications and for two weeks after discontinuation of MAO inhibitors.

VITAMIN B12 (METHYLCOBALAMIN) & FOLIC ACID (5-METHYLTETRAHYDROFOLATE and 5-FORMYLTETRAHYDROFOLATE) are cofactors in the production of s-adenosylmethionine (S-AdoMet). S-AdoMet is a well-known methyl donor that is essential for proper neurological function. Elevated homocysteine levels are often a sign of vitamin B12 and folate deficiency. Studies are now showing that patients with major depression are more likely to have elevated homocysteine, low folate (particularly red cell folate) and low vitamin B12 in the blood. Supplementation with both folate and B12 have been shown to improve treatment response. Research has shown that a subset of individuals with a MTHFR (methylene tetrahydrofolate reductase) polymorphism do not efficiently convert folic acid to the active 5-methyltetrahydrofolate (5-MTHF) form due to genetic enzyme deficiencies, thus leading to homocysteinemia, mood changes and possible cognitive impairment.*

PYRIDOXAL 5' PHOSPHATE (COENZYME VITAMIN B6) is involved in the metabolism of amino acids and glycogen. It is a coenzyme in the synthesis of nucleic acids, hemoglobin, neurotransmitters (e.g., serotonin, dopamine, norepinephrine, and gamma amino butyric acid), and many other compounds. Pyridoxal 5'-phosphate is a coenzyme for over 100 enzymes, including the transaminases (some liver specific) and decarboxylases. Along with folic acid and vitamin B12, vitamin B6 promotes healthy homocysteine metabolism. Clinical research has shown its effectiveness in treating depression and anxiety in women suffering from PMS.*

L-THEANINE is a non-protein amino acid found naturally in *Camellia sinensis* (green tea). L-theanine has mood-modulating activity and modest antioxidant activity. Its effects on mood modulation may be through direct effects on GABA receptors or through indirect effects on the metabolism and release of other neurotransmitters such as dopamine. Another benefit of L-theanine is its ability to enhance alpha wave activity of the brain. Alpha waves have a mood-modulating benefit while maintaining alertness. **ADVERSE REACTIONS/PRECAUTIONS:** There are no known adverse reactions to L-theanine. However, due to lack of study, it is currently recommended that pregnant and nursing mothers avoid L-theanine.

GABA (GAMMA AMINO BUTYRIC ACID) is an inhibitory amino acid that acts directly as a neurotransmitter. GABA, like L-theanine, has mood-modulating activity and anti-stress benefits.*

LITHIUM is present in the human diet in ultra-trace amounts and is found in some natural mineral waters and colloidal minerals. Fish, processed meat, milk, milk products, eggs, potatoes, and vegetables are rich sources of this mineral. It has been suggested that lithium, at low dosage levels, has a generally beneficial effect on human behavior. High prescription doses are often prescribed for mood-stabilizing effects.