



True Protocols™

VITAL MIND

Mood Support

- Specifically designed to promote a healthy mood balance.
- Helps to increase alertness, focus, motivation, stress management, and memory.
- For optimal results, take in combination with Neuro Calm and Magnesium Balance.

Why take Vital Mind?

Vital Mind has been formulated to provide the precursors to many of the major neurotransmitters used in the nervous system. These precursors are converted into catecholamines (dopamine, epinephrine, and norepinephrine), serotonin, melatonin, and acetylcholine. The remaining major neurotransmitters GABA, glycine, and glutamate are found in Neuro Calm. Glutamate, an excitatory neurotransmitter, is not included in either formula as excess levels of glutamate are known to be involved in a number of disease processes (glutamate induced neurotoxicity).

Vital Mind has been formulated to provide the necessary precursors to the major neurotransmitters of the nervous system: dopamine, epinephrine, norepinephrine, serotonin, melatonin, and acetylcholine. By taking Vital Mind, you are supplying your system with these critical precursors in appropriate ratios to increase alertness, focus, motivation, stress management, and memory, all while working to create a balanced mood throughout the day. While an excess or deficiency of one neurotransmitter in our nervous system can cause an imbalance and lead to suboptimal behaviour, energy, and general function, a balanced intake can help to prevent this from occurring.

Vital Mind is designed for the high functioning individual looking to maintain an elevated level of mental performance throughout the day. Working with Neuro Calm, acting as the yin and yang, this combination is designed to harmonize the rise and fall of alertness, focus, and calm states throughout the day by providing all of the building blocks needed for neuronal signalling.

What Makes Vital Mind Different?

Vital Mind contains the precursors to many different neurotransmitters in our brains, unlike other products that focus on individual ingredients from those listed above. One of the potential issues with supplementing with only 1 precursor is the potential to create a neurotransmitter imbalance. This imbalance may occur because increases in one neurotransmitter can cause depletion of others.



NPN: 80108702

90 Vegi-Caps

Serving Size: 1 Capsule

Ingredients:

- L-Tyrosine 250mg
- 5-HTP 50mg
- Alpha-GPC 100mg
- SAMe 50mg

Suggested Use:

Take 2 capsules, 2 times per day. Take with food. Do not take at night.

Main Applications:

- Mood Balance
- Cognitive Function
- Stress Management



Non-GMO



Vegan



Glutenfree

By combining these neurotransmitter precursors we can maximize efficiency and reduce side effects that can result, for example, from 5-HTP on its own (whereby 5-HTP on its own may reduce dopamine and norepinephrine levels, neurotransmitters derived from L-tyrosine).

Conditions that can be influenced and may be worsened by imbalances and depletion of neurotransmitters (specifically catecholamines) include ADHD, seasonal affective disorder, obesity, generalized anxiety disorder, and Parkinson's disease. The reason this can occur is that the synthesis of dopamine and serotonin from their precursors share the same enzyme, which can lead to competition and imbalance when one precursor is increased relative to another. This also applies to the enzyme responsible for breaking down these neurotransmitters, monoamine oxidase (MAO).

What Do Each Of The Ingredients Do?

L- Tyrosine

L-Tyrosine is an amino acid that is used to produce noradrenaline and dopamine. L-tyrosine shares a brain transporter with other similar amino acids, including tryptophan, the precursor to 5-HTP and serotonin. It appears to reduce stress during exposure to acute stressors (which tend to deplete noradrenaline) and may help to prevent stress-induced memory and attention deficits. L-tyrosine is found in all protein-containing foods in varying amounts.

5-HTP

5-HTP is a compound that gets converted into serotonin in the brain (serotonin is one of the principal neurotransmitters involved in happiness and anti-depression).

5-HTP has been used with success to restore serotonin levels in those that may suffer from decreased serotonin levels, such as those who are depressed and those with high levels of body inflammation.

In supplement form, 5-HTP is usually produced from the African plant *Griffonia simplicifolia*. 5-HTP is not commonly found in any food sources.

Alpha-GPC

Alpha-GPC is a cholinergic compound that is used for its cognitive-promoting properties, and to enhance power output in athletes. It appears to also support cellular membranes and may aid in preventing cognitive decline in the elderly. It has been shown to boost focus, memory, and learning in young healthy adults.

S-adenosylmethionine (SAmE)

S-adenosylmethionine (SAmE) is a modified form of the amino acid methionine. SAmE has many different actions in the body, but it primarily acts as a methyl donor, acting to methylate DNA, RNA, phosphatidylethanolamine (converting it to phosphatidylcholine), creatine, and amino acids.

SAmE appears to have equivalent efficacy in treating depression as some anti-depressants (at very high doses, far beyond what is contained in Vital Mind). SAmE has been found to reduce amyloid production, improve spatial memory, and inhibit the upregulation of B-vitamin deficiency-induced gene expression in mice. SAmE was shown to be as effective as NSAIDs in relieving osteoarthritic pain.

The real therapeutic potential of the Vital Mind formula is experienced when taken in combination with Neuro Calm and Magnesium Balance as together they provide a balanced and complete approach to brain health and function. Together they provide support for all the neurotransmitters, helping us to function at our best.

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