

MY NEURALLI® MOOD JOURNEY



MANAGE YOUR STRESS WITH MOOD

Congratulations on taking the first step toward a healthier mindset! Irritation and overwhelm shouldn't have to be your default.

Stress can impact many areas of life, from mood to sleep to gut health. While lifestyle changes such as movement and meditation may support your response to stress, it helps to have a few extra tools in your arsenal – this is where Neuralli Mood comes in!

Exclusively from Bened Life, Neuralli Mood consists of the probiotic strain PS128 and the postbiotic HT-PS23. Mood may lower cortisol in the face of stressful situations, and this probiotic and postbiotic combination may reduce perceived stress.*

To get the most out of Neuralli Mood, utilize the tips below, and track your progress with the Record Your Stress Tool and tracking table on the following pages.

TIPS FOR TAKING AND STORING NEURALLI® MOOD

- For optimal effectiveness, consume 2 capsules of Neuralli Mood each day. Choose a time that fits your schedule best.
- For managing stress, consider taking Mood in the morning. For better sleep, evening intake before bedtime is suggested. Find the schedule that works best for you.
- Any initial digestive discomfort, such as gas or bloating, is usually temporary and should subside within a few days.
- Remember to store Neuralli Mood in its own CSP bottle in the refrigerator whenever possible. This will keep it cool, dry, and effective over the long term.
- Track your stress before you start taking Neuralli Mood, and over time to see how it is helping you. Use the next three pages to help you do that!

**LOOKING FOR MORE INFO?
CHECK OUT OUR WEBSITE**

Neuralli Mood
Product Page



More Info About
Neuralli Mood



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

START YOUR NEURALLI MOOD JOURNEY HERE!

How will you know if Neuralli Mood is helping you?

- Take the Record Your Stress questionnaire on pages 3-4. It just takes 2-3 minutes!
- Use the tracking table below to record your results.
- Monitor your progress over time by re-taking the Record Your Stress questionnaire monthly and comparing changes in the tracking table.

We recommend that you **complete an Initial Assessment early**. Before your Neuralli Mood package even arrives, you can complete the Record Your Stress tool for the first time, and record your results in the table below. This will serve as a baseline for your upcoming Neuralli Mood experience.

Remember to **take Neuralli Mood consistently**. For optimal results, use Mood daily. Consistency is key to experiencing the full benefits of the PS128 and HT-PS23 psychobiotic strains.

TRACKING TABLE

Use the table below to record your overall satisfaction and number of times per week you had challenges in each category (stress, sleep or gut health). These are the same as your answers to the first two questions of each section of the Record Your Stress Tool on pages 3-4. Track your results over time to evaluate changes in your satisfaction and challenging number of times per week.

| | INITIAL ASSESSMENT | | ONE MONTH | | TWO MONTH | |
|------------|----------------------|-------------------|----------------------|-------------------|----------------------|-------------------|
| | DATE: | | DATE: | | DATE: | |
| RATING | OVERALL SATISFACTION | PROBLEMS PER WEEK | OVERALL SATISFACTION | PROBLEMS PER WEEK | OVERALL SATISFACTION | PROBLEMS PER WEEK |
| STRESS | | | | | | |
| SLEEP | | | | | | |
| GUT HEALTH | | | | | | |

RECORD YOUR STRESS TOOL

STRESS

How satisfied or dissatisfied are you with your current ability to manage your stress?

Very Dissatisfied Dissatisfied Somewhat Satisfied/
Somewhat Dissatisfied Satisfied Very Satisfied

In the last month, how often have you felt nervous and/or “stressed”?

Not During the Past Month Less than once a week Once or twice a week Three or more times a week

What types of stress have you experienced? (check all that apply)

I struggled with focus and concentration

I felt fidgety or nervous as a result of my job

I couldn't cope with all the things that I had to do and/or I felt that I was not “on top of things”

I felt like I had too much to work and too little time to do it

I did not feel confident about my ability to handle my personal problems

I experienced social and relationship stress

I feel physical tension such as tight muscles

Other:

SLEEP

How satisfied or dissatisfied are you with your current pattern of sleep?

Very Dissatisfied Dissatisfied Somewhat Satisfied/
Somewhat Dissatisfied Satisfied Very Satisfied

During the past month, how often have you had trouble with sleep?

Not During the Past Month Less than once a week Once or twice a week Three or more times a week

What types of sleep problems have you experienced? (check all that apply)

Difficulty falling asleep (cannot fall asleep within 30 minutes)

Daytime fatigue: sleepiness interferes with work and daily function

Difficulty staying asleep (wake up early in the morning or middle of the night)

Sleepiness interferes with mood (irritable)

Other:

GUT HEALTH

How satisfied or dissatisfied are you with your current pattern of bowel function (frequency and quality of stools)?

Very Dissatisfied Dissatisfied Somewhat Satisfied/
Somewhat Dissatisfied Satisfied Very Satisfied

During the past month, how often have you had trouble with bowel function?

Not During the Past Month Less than once a week Once or twice a week Three or more times a week

What types of bowel problems have you experienced? (check all that apply)

Loose stools, not well-formed, maybe liquid like sometimes, frequent (6 or 7 on Bristol stool chart*)

Hard stools, difficult to pass (1 or 2 on Bristol Stool Chart)

Infrequent stool (fewer than 3 times a week)

Too frequent stool (more than 3 times a day)

Bloating (feel like you need to loosen your clothes)

Other:

FINAL QUESTIONS

How do you currently manage stress in your life? (check all that apply)

Meditation

Exercise

Deep Breathing

Other:

Therapy

Supplements or other products

None / I don't manage my stress

Do you currently use any of the following types of products?

Probiotics

Products to help with sleep

None

Products to help with gut health

Products to help with exercise recovery

What has changed since the last time you recorded your stress?

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