

# Mood·Matrix

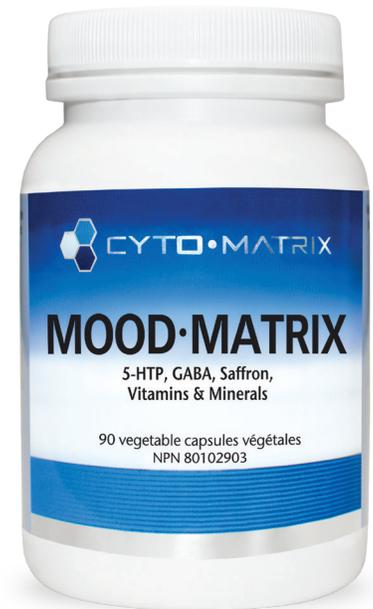
A therapeutic blend of saffron, 5-HTP and GABA with additional B-vitamins and minerals to encourage healthy mood and cognition.

## Each capsule contains:

L-5-HTP (seed, <i>Griffonia simplicifolia</i> )	100 mg
GABA (gamma-aminobutyric acid)	33.3 mg
Saffron (stigmas, <i>Crocus sativus L., Iridaceae</i> ) 5:1	10 mg
Vitamin B6 (pyridoxal-5-phosphate)	25 mg
Vitamin B12 (methylcobalamin)	33.3 mcg
Folate (L-5-methyltetrahydrofolate)	100 mcg
Magnesium (Albion™ di-magnesium malate, TRAACS™ magnesium bis-glycinate chelate)*	25 mg
Zinc (TRAACS™ zinc bis-glycinate chelate)*	8 mg

90 vegetable capsules

Vegan. GMO, gluten, soy and dairy free.



Balanced mental health is a complex and complicated equilibrium to achieve. Although current research surrounding low mood identifies inflammation, hormonal imbalances, social support and many other factors in its etiology, neurotransmitters within the brain cannot be overlooked. Serotonin, GABA (gamma-aminobutyric acid), dopamine and other neurotransmitters all affect an individual's mental state. As such, any nutrients that can support these brain chemicals have vast therapeutic potential.

5-Hydroxytryptophan (5-HTP) is the well-known precursor to serotonin, a key neurotransmitter involved in mental health, temperature regulation, pain sensation and circadian rhythm regulation through the production of melatonin. 5-HTP is best known for supporting healthy mood, yet its ability to upregulate serotonin may explain why numerous research trials have found that it can also improve sleep difficulties, binge eating,

weight management, headaches and fibromyalgia. 5-HTP has long been a staple nutrient for many individuals with low mood.

GABA, on the other hand, is an inhibitory neurotransmitter often used to relax the mind in cases of stress and insomnia. Research has shown that GABA can positively impact cortisol levels and reduce the amount of time it takes to fall asleep, making this amino acid particularly useful in those with difficulty initiating sleep because they cannot calm their racing mind.

Regardless of the targeted neurotransmitter, the body requires specific vitamins and minerals to synthesize and activate each neurotransmitter. For example, vitamin B-6, magnesium and zinc are all required as cofactors for the conversion of 5-HTP into serotonin, while vitamin B-6 and folate are needed for synthesis of dopamine. Understanding these physiological

pathways may explain why these nutrients have demonstrated benefits for mood balance either as stand alone agents or in combinations with pharmaceutical medications. Both magnesium and zinc supplementation have been demonstrated to increase brain-derived neurotrophic factor and block NMDA receptors in the brain, augment SSRI therapy and, ultimately, improve subjective markers of mood. Various combinations of folate, vitamin B-12 and vitamin B-6 have all demonstrated improved mental health outcomes over long-term supplementation.

Mood·Matrix offers a therapeutic and well-balanced blend of targeted amino acids, B-vitamins and minerals in order to support healthy mood balance. Each B-vitamin is provided in its biologically active coenzyme form, while magnesium and zinc are delivered in their highly bioavailable glycinate chelate forms for optimal stability and absorption. In addition to these nutrients,

## Key points

- A combination of 5-HTP, GABA and saffron, with added cofactor support in the form of targeted and biologically active minerals and vitamins, in order to support healthy mood balance
- 5-HTP acts as a precursor to serotonin and has been demonstrated to improve mood, sleep difficulties, binge eating, weight management, headaches and fibromyalgia
- GABA is an inhibitory neurotransmitter used to calm the nervous system and shown to support individuals with high stress and insomnia
- Saffron (*Crocus sativus*) has been demonstrated to improve mood, cognition, erectile function and libido in males
- Zinc, magnesium and activated B-vitamins act as key cofactors in the synthesis and balance of neurotransmitters in the brain

## Related products

Ashwagandha·Matrix  
Bio B6  
Cyto B Complex  
Cyto·Calm  
Cyto·Inositol  
Cyto·Theanine  
Relax·Matrix  
Rhodiola Rosea Extract  
Testo·Matrix  
Zinc Bis-glycinate  
Zinc Citrate 50mg

Mood·Matrix strategically includes a standardized extract of saffron to assist in mood support.

Saffron, officially known as *crocus sativus*, is a traditional spice that is now known to have multiple health applications. Its ability to block NMDA receptors and protect the nervous system likely explain why saffron has multiple human clinical trials to demonstrate its effectiveness for promoting healthy mood, even when compared to traditional selective-serotonin uptake inhibitor (SSRI) therapy, and also for supporting cognitive function. Saffron has

also traditionally been used as an aphrodisiac. Modern research has confirmed that it can effectively improve symptoms of erectile dysfunction and overall sexual function, while also improving sperm parameters.

All in all, Mood·Matrix was formulated to optimally support healthy mood, cognition and neurotransmitter levels in the brain. In essence, Mood·Matrix is a targeted multivitamin-multimineral for the nervous system. Each bottle contains 90 vegetarian capsules.

**Non-Medicinal Ingredients:** Glycine, brown rice flour, citric acid, silica, vegetable-grade magnesium stearate, microcrystalline cellulose, maltodextrin. Capsule: hypromellose.

**Indications:** Helps to promote healthy mood balance and temporarily promote relaxation. Can help to relieve symptoms of fibromyalgia and helps in energy metabolism and tissue formation.

**Directions:** Adults - Take 1 capsule, 3 times per day with food, or as directed by a healthcare professional.

**Duration of use:** For use beyond 1 year, consult a healthcare professional. For migraine prophylaxis, use for at least 2 - 3 weeks to see beneficial effects. For mood balance, use for at least 1 week to see beneficial effects. For relief of symptoms of fibromyalgia, use for at least 2 - 3 weeks to see beneficial effects.

**Contraindications:** Adults - Take 1 capsule, 3 times per day with food, or as directed by a healthcare professional.

**Warnings:** Do not use if safety seal is broken. Consult a healthcare professional prior to use if you are taking carbidopa or drugs or supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, Sadenosylmethionine (SAME), St. John's wort, antidepressants, pain killers, over the counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication. Consult a healthcare professional if you suffer from any psychological disorder or condition, such as frequent anxiety or depression, or if symptoms persist or worsen. Stop use and consult a healthcare professional if you show signs of weakness, oral ulcers, abdominal pain accompanied by severe muscle pain or if you experience skin changes. Avoid taking with alcohol or products that cause drowsiness.

**Known adverse reactions:** Some people may experience diarrhea, nausea, vomiting and abdominal pain. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.



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