

## PRODUCT INFORMATION

# Serotonic®

*This choice blend of various nutrients, vitamins and trace elements helps maintain a healthy mood and promotes balanced neurotransmitter levels in the brain, providing benefits for anxiety, restlessness and mood disorders.*

### Basic Facts

Mood disorders, which can be characterized by feelings of hopelessness and unhappiness, can have many causes. They may manifest as a reaction to stress, hormone imbalances, biochemical imbalances and, of course, traumatizing events.

Almost everyone has experienced a low mood which quickly goes away. In most cases, it does not require therapy. However, if instances of low mood become overwhelming and return again and again, this issue must be professionally treated by a specialist.

In many cases of mood disorders, the biochemical-hormonal processes in the brain are disturbed. Numerous clinical studies have shown that there is a strong connection between low mood and certain biochemical messenger substances, or neurotransmitters, in the brain. In contrast, when the ratio of these messenger substances (dopamine, noradrenaline and serotonin) is well-balanced, a feeling of well-being is experienced.

If this balance is disturbed, for example, if a deficiency in one of the neurotransmitters (serotonin) or overproduction of another (noradrenaline) develops, one can become melancholic, irritated, fearful, insecure or experience low mood.

The ingredients in Serotonic® serve to maintain a healthy balance of the complicated system of neurotransmitters in the brain, helping to maintain a healthy mood.

### Effects

The combination and dosage of the various ingredients in Serotonic® are based on the standard values established in numerous studies.

**5-HTP® (5-hydroxytryptophan)** is transformed by the body into serotonin and is an important substance for healthy brain and nerve functioning. Apart from its many other functions, serotonin plays an important role in sleep, mood, sensitivity to pain and modulation of inflammatory processes. Various studies on 5-HTP® suggest that low mood, states of anxiety, sleeplessness, and even unhealthy weight are just different symptoms of the same condition – a deficiency in the neurotransmitter serotonin (5-HT).

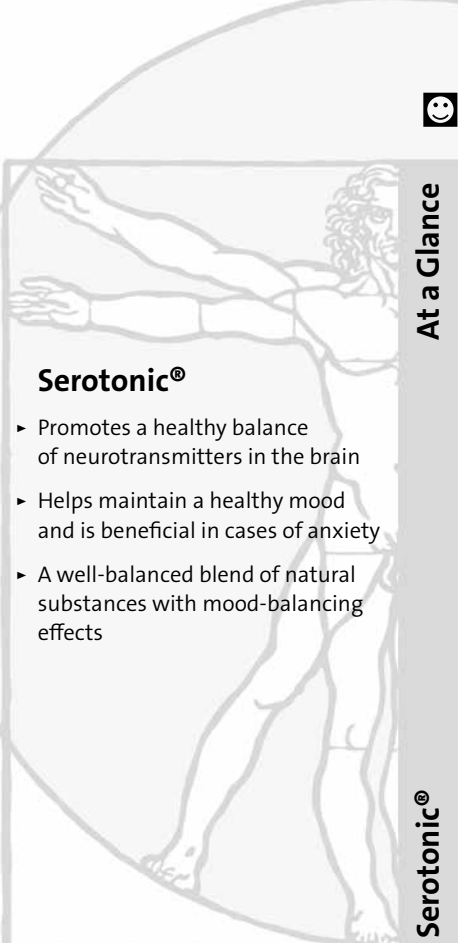
Low serotonin levels encourage impulsive behavior, aggression, eating disorders, mood disorders, alcohol abuse and proneness to suicide.

**DLPA® (D, L-phenylalanine)** is a blend of the essential amino acid L-phenylalanine and the mirror-symmetrical form D-phenylalanine. DLPA® (or the D- or L-form alone) has been used for mood disorders for a long time, and also as a therapy for minor discomfort.

Phenylalanine is an amino acid and is considered the most important parent substance of various catecholamines such as dopamine, adrenaline and noradrenaline. Furthermore, DLPA® is transformed in the brain into phenylethylamine, a naturally occurring messenger substance that helps maintain a healthy mood.

**St. John's wort extract** is one of the oldest-known remedies for the treatment of mood disorders. Hypericin, the main active constituent of St. John's wort, helps to brighten the mood, influences brain metabolism and plays a great role in the nerves' transmission of stimuli.

More recent studies have shown that the mood-balancing effects of extracts of St. John's wort occur via the inhibition of the reuptake of the neurotransmitters serotonin, noradrenaline and dopamine. Many modern prescription drugs for mood also share this mechanism of action, however, their use is frequently accompanied by side effects.



**At a Glance**

**Serotonic®**

- ▶ Promotes a healthy balance of neurotransmitters in the brain
- ▶ Helps maintain a healthy mood and is beneficial in cases of anxiety
- ▶ A well-balanced blend of natural substances with mood-balancing effects

**Serotonic®**

**Vitamin B6 (pyridoxine)** is the key vitamin in the synthesis of amino acids, thus it is necessary for the formation of proteins and some hormones. It is also used by the body to produce serotonin, melatonin and dopamine, and influences the production of many other neurotransmitters. Therefore, pyridoxine is an essential dietary ingredient that plays a major role in the regulation of mental processes and probably also greatly influences emotional health. Numerous studies have shown that people suffering from mood disorders usually have a significant vitamin B6 deficiency.

**Niacinamide** is required to release energy from carbohydrates; during this process, fat is formed. Furthermore, niacin also helps maintain healthy cholesterol levels. The body produces the required niacin from tryptophan. In cases of vitamin B3 deficiency, the body requires excess tryptophan for niacin production, which in turn leads to low serotonin levels that may be accompanied by low mood.

**Calcium** is the most prevalent mineral in the body, constituting up to 2 percent of the body's weight. Apart from its known functions concerning the formation of bones and teeth, it also participates in the production and release of neurotransmitters.

**Magnesium** is required to form bones, proteins and fatty acids and for the activation of the B vitamins, for muscle relaxation and healthy blood coagulation. It is also the basic building block for the formation of ATP – the «fuel» that makes the cells «run». Magnesium is also necessary for the release of many hormones.

Furthermore, magnesium is crucial for the regeneration of those cells in the body which have the highest energy requirement, for example, brain cells. People suffering from chronic fatigue, a condition characterized by great tiredness, weariness and lack of drive, often have low magnesium levels. In these cases, when magnesium is administered, symptoms often improve. Also, mood disorders frequently go hand-in-hand with magnesium deficiency.

## Uses

Serotonic® is suitable for the treatment of mood disorders, feelings of anxiety and excitation. It promotes balanced levels of neurotransmitters in the brain, helping to maintain a healthy mood. Once a healthy mood is restored, one feels more vital and active and can better cope with stress.

## Composition

### One capsule contains:

5 HTP®	50 mg
L-phenylalanine	50 mg
Vitamin B6	10 mg
Niacin	10 mg
Niacinamide	35 mg
St. John's wort extract (hypericin)	50 mg
Magnesium (Mg)	50 mg
Calcium (Ca)	75 mg

in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate.

## Dosage

In normal cases take 1–4 capsules daily with plenty of fluid immediately before going to bed.

## Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

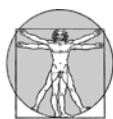
Store in a cool and dry environment, out of reach for children.

### Serotonic® Product Groups

Serotonic® can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

#### Depression & Moods

Manufacturer:



**VitaBasix**®

by LHP Inc.

[www.vitabasix.com](http://www.vitabasix.com) | [uk@vitabasix.com](mailto:uk@vitabasix.com)

Tel.: 00800-7030-7060 | Fax: 00800-1570 1590

### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version: VBX1-21