



Healthy Mood & Mental Well-Being Protocol*

| Objective | Product Recommendation | Dosage | Key Ingredients |
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| Relieves occasional anxiety, stress, nervous tension, and restless sleep without causing daytime drowsiness* | AnxioCalm® | 1 or 2 tablets twice daily. May take at bedtime to support restful sleep.* Children (4 years old and up): 1 tablet twice daily. May increase as recommended by a healthcare practitioner. | Narrow-leaved Coneflower (<i>Echinacea angustifolia</i>) Root Extract (EP107™) standardized for a unique, proprietary alkalamide profile |
| Herbal adaptogen that supports mental resilience* | Ashwagandha Complex | 1 capsule daily, may increase to 1 capsule three times daily, or as recommended by a healthcare practitioner. For optimal results, take on an empty stomach | Proprietary Complex: Ashwagandha (<i>Withania somnifera</i>) Root Extract (KSM-66®) standardized to contain ≥ 5% withanolides, Rhodiola (<i>Rhodiola rosea</i>) Root Extract (EPR-7™) standardized to contain ≥ 3% rosavins and ≥ 1% salidroside |
| Delivers clinically studied, enhanced absorption curcumin to support positive mood, cognition, focus, and healthy inflammation response** | CuraPro® 750 mg Curcumin Complex (Delivers a minimum of 500 mg of curcuminoids per softgel) | 1 softgel daily. May take 1 softgel two times daily, or as recommended by your healthcare practitioner. | Proprietary Complex: Curcumin (<i>Curcuma longa</i>) Rhizome Extract (BCM-95®/Curcugreen®) enhanced with turmeric essential oil and standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), phospholipids (from sunflower lecithin), supplying 500 mg of curcuminoids |
| Provides DHA and EPA to support healthy brain function, positive mood, mental calmness, and concentration* | EurOmega-3® | Adults: 1-2 tablets daily. Children (6 years old and up): 1 tablet daily, or as recommended by your healthcare practitioner. | Omega-3 Phospholipid Peptide Complex: featuring phospholipids, omega-3 [DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid)] and bioactive peptides extracted from Atlantic Salmon (<i>Salmo salar</i>), in a balanced ratio as found in salmon; not chemically altered or artificially spiked with DHA/EPA |
| Provides bioactive forms of magnesium, zinc, and vitamin B6 to support positive mood, emotional well-being, and nervous system function* | Magnesium + P-5-P | Adults: 1 capsule, may be taken up to four times daily. Children (6 years old and up): 1 capsule per day, or as recommended by your healthcare practitioner. | Vitamin B6 (as pyridoxal-5-phosphate), Magnesium (from magnesium bisglycinate chelate), Zinc (from TRAACS™ zinc bisglycinate chelate) |
| Supports a healthy inflammation response critical for mental well-being** | PEA Healthy Inflammation Response† | 1 or 2 capsules daily on an empty stomach (preferable 30 minutes before a meal or 2 hours after a meal), or as recommended by your healthcare practitioner | Palmitoylethanolamide (PEA), Serratiopeptidase |
| Delivers clinically studied HRG80™ red ginseng to support mental and physical energy, concentration, healthy cortisol, serotonin, and GABA levels, and resilience during times of occasional stress**†† | Red Ginseng Energy | 1 capsule daily. May increase to 1 capsule twice daily, or as recommended by a healthcare practitioner. Results improve with continued use. | Korean Red Ginseng (<i>Panax ginseng</i>) Root Powder (HRG80™) containing rare, noble ginsenosides |
| Supports vitamin D3 levels for mental well-being and overall health* | Vitamin D3 Chewable | 1 tablet daily, or as recommended by a healthcare practitioner. | Vitamin D3 (as cholecalciferol) |