



# Healthy Mood & Mental Well-Being Protocol\*

Objective	Product Recommendation	Dosage	Key Ingredients
Relieves occasional anxiety, stress, nervous tension, and restless sleep without causing daytime drowsiness*	<b>AnxiCalm®</b>	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*	<b>Ashwagandha Complex</b>	1 capsule daily, or as recommended by a healthcare practitioner. For optimal results, take on an empty stomach.	Proprietary Complex: Ashwagandha Blend [Ashwagandha ( <i>Withania somnifera</i> ) leaf and root extract and Ashwagandha ( <i>Withania somnifera</i> ) leaf and root extract (EP35™) standardized to ≥ 35% withanolides], Rhodiola ( <i>Rhodiola rosea</i> ) Root Extract (EPR-7™) standardized to ≥ 3% rosavins and ≥ 1% salidroside
Delivers clinically studied, enhanced absorption curcumin to support positive mood, cognition, focus, and healthy inflammation response*†	<b>CuraPro® 750 mg Curcumin Complex</b> (Delivers a minimum of 500 mg of curcuminoids per softgel)	1 softgel daily. May take 1 softgel two times daily, or as recommended by a 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*	<b>EurOmega-3®</b>	Adults: 1-2 tablets daily. Children (6 years old and up): 1 tablet daily, or as recommended by a 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*	<b>Magnesium + P-5-P</b>	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 a healthcare practitioner.	Vitamin B6 (as pyridoxal-5-phosphate), Magnesium (from magnesium bisglycinate chelate), Zinc (from TRAACS™ zinc bisglycinate chelate)

TRAACS™ is a trademark of Albion Laboratories, Inc. \*Occasional inflammation due to exercise or overuse. †These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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Supports a healthy inflammation response critical for mental well-being**	<b>PEA Healthy Inflammation Response**</b>	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 a 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**†	<b>Red Ginseng Energy</b>	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 balanced mood, emotional well-being, and positive outlook with a clinically studied formula featuring clinically studied ingredients that promote healthy serotonin levels and overall mental resilience**†	<b>Saffron Mood Support*</b>	1 capsule twice daily, or as recommended by a healthcare practitioner.	Curcumin ( <i>Curcuma longa</i> ) Rhizome Extract (BCM-95®/Curcugreen®) enhanced with turmeric essential oil and standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), supplying 215 mg of curcuminoids, Saffron ( <i>Crocus sativus</i> ) Stigma Extract (EP15™)
Supports vitamin D3 levels for mental well-being and overall health*	<b>Vitamin D3 Chewable</b>	1 tablet daily, or as recommended by a healthcare practitioner.	Vitamin D3 (as cholecalciferol)

\*Occasional inflammation due to exercise or overuse. \*\*Supports healthy levels already within normal range. \*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.