



Eskaloft

Serving Size 2 capsules

Servings Per Container 30

	Amount Per Serving
Rhodiola rosea extract (root)	100 mg
Hypericum perforatum (.3% hypericin, 3% hyperforin)	150 mg
N-Acetyl L-Tyrosine (NAT)	200 mg
Dimethyl Amino Ethanol (DMAE)	200 mg
5-Hydroxy L-Tryptophan (5HTP)	50 mg
Gama Amino Butyric Acid (GABA)	100 mg
L-Theanine	50 mg
Methylcobalamin (Bioactive coenzyme form Vitamin B12)	2000 mcg
Vitamin B6 (Pyridoxal-5-Phosphate)	25 mg
Folinic Acid (Calcium Folate)	400 mcg
Lithium orotate	5 mg

SUGGESTED DOSE: As a dietary supplement, take 2 capsules per day or as directed by a healthcare professional.

REFERENCES:

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SUPPORT FOR A BALANCED HEALTHY EMOTIONAL EXPRESSION

- A blend of nutrients and amino acids to nutritionally support an enhanced mood
- Mood modulating benefits for those with low spirits or unstable altering moods

RHODIOLA ROSEA EXTRACT (ROOT): grows in the arctic regions of eastern Siberia. It has been used to enhance work performance, decrease physical and mental fatigue, increase stamina, and improve depressed moods. Rhodiola is considered an adaptogenic herb because of its ability to increase the body's resistance to stress. Research shows that those who take Rhodiola experience the following; less fatigue under stress, improved exercise endurance, a decrease in inflammatory markers, such as C-Reactive protein (CRP), improved memory and improved ability to learn. Other research suggests that Rhodiola also has cardioprotective, hepatoprotective, and myeloprotective effects, while also improving intracellular DNA repair mechanisms. There are no known adverse reactions or contraindications to taking Rhodiola. It is currently not recommended for pregnant or nursing mothers.

ST. JOHN'S WORT EXTRACT (FLOWER)(HYPERICUM PERFORATUM) (.3% HYPERICIN, 3% HYPERFORIN): acts to enhance mood through its serotonin reuptake inhibition (SSRI), as well as, its norepinephrine reuptake inhibition. In this way, Hypericum enhances the mood regulatory effects of both serotonin and norepinephrine neurotransmitters. **CONTRAINDICATIONS:** Hypericum is generally well tolerated with less adverse effects than conventional antidepressants. However, Hypericum is a potent inducer of the cytochrome P450 enzyme CYP3A4, which may cause potentially harmful interactions with pharmaceutical drugs such as serotonin antagonists, benzodiazepines, Selective Serotonin Re-uptake Inhibitors (SSRI's), Tricyclic antidepressants, calcium channel blockers, chemotherapeutic agents, contraceptive medications, and many others.

N-ACETYL L-TYROSINE (NAT): is the bioactive form of L-Tyrosine. Tyrosine is a precursor for dopamine, norepinephrine, and epinephrine production. Tyrosine is also integral in adrenal catecholamine production and thyroid hormone production. Many people with mood disturbances may have low catecholamine production. **CONTRAINDICATIONS:** Tyrosine is contraindicated in those with alkaptonuria, tyrosinemia type 1 or 2, those taking MAO inhibitors, pregnant women, those with hypertension, and those with melanoma skin cancer.

DMAE (DIMETHYL AMINO ETHANOL): is a precursor to choline and may increase the production of acetylcholine in the CNS. Increased acetylcholine production can improve cognitive functioning and enhance mood. Research has shown that those taking DMAE for 3 months produced significantly less theta and alpha1 brain waves. A decrease in the production of these waves has been associated with; enhanced vigilance, improved mood, increased physical activity, and a better sense of wellbeing overall.

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REFERENCES:

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5-HYDROXY L- TRYPTOPHAN (5HTP): is the immediate precursor to 5-hydroxy tryptamine (serotonin). As such, 5HTP is a useful nutritional support product for serotonin production in those patients with serotonin deficiency. Symptoms of serotonin deficiency may include: depression, anxiety, irritability, fears, phobias, negative thoughts, sleep problems, cravings for simple sugars and alcohol, binge eating, tension headaches, fibromyalgia, and premenstrual syndrome (PMS). **CONTRAINDICATIONS:** carcinoid tumors, avoid for 2 weeks after discontinuation of MAO inhibitors, avoid during use of SSRI and tricyclic antidepressant medications.

VITAMIN B12 (METHYLCOBALAMIN) & FOLINIC ACID (CALCIUM FOLINATE): are cofactors in the production of S-adenosylmethioe (S-AMe). S-AMe is a well known methyl donor that is essential for proper neurological function. Elevated homocysteine levels are often a sign of vitamin B12 and Folate deficiency. Studies are now showing that patients with major depression are more likely to have elevated homocysteine, low folate, particularly red cell folate, and low vitamin B12 in the blood. Supplementation with both folate and B12 have been shown to improve treatment response. Deficiencies may lead to cognitive impairment and mood changes.

PYRIDOXAL 5' PHOSPHATE (COENZYME VITAMIN B6): is involved in the metabolism of amino acids and glycogen. It is a coenzyme in the synthesis of nucleic acids, hemoglobin, neurotransmitters (serotonin, dopamine, norepinephrine, and gamma-aminobutyric acid), and many other compounds. P 5'-P is a coenzyme for over 100 enzymes, including the transaminases (some liver specific) and decarboxylases. Along with folic acid and Vitamin B12, Vitamin B6 lowers homocysteine. Clinical research has shown its effectiveness in treating depression and anxiety in women suffering from PMS.

L-THEANINE: is a non-protein amino acid found naturally in *Camellia sinensis* (Green tea). L-Theanine has mood-modulating activity and modest antioxidant activity. Its effects on mood modulation may be through direct effects on GABA receptors or through effects on the metabolism and release of other neurotransmitters, such as dopamine. Another benefit of L-Theanine is its ability to enhance alpha wave activity of the brain. Alpha waves have a mood modulating benefit while maintaining alertness. **ADVERSE REACTIONS/PRECAUTIONS:** There are no known adverse reactions to L-Theanine. However, due to lack of study, it is currently recommended that pregnant and nursing mothers avoid L-Theanine.

GABA (GAMMA AMINO BUTYRIC ACID): is an inhibitory amino acid that acts directly as a neurotransmitter. GABA, like L-Theanine, has mood-modulating activity and anti-stress benefits.

LITHIUM: is present in the human diet in ultra-trace amounts and is found in some natural mineral waters and colloidal minerals. Fish, processed meat, milk, milk products, eggs, potatoes, and vegetables are rich sources of this mineral. It has been suggested that lithium, at low dosage levels, has a generally beneficial effect on human behavior. High prescription doses are often prescribed for mood stabilizing effects. **CONTRAINDICATIONS:** none are known for dietary levels of intake of lithium.