



Mood ResponseTM Supports healthy mood^{*}

- Clinical dose of St. John's Wort•
- Inclusion of saffron extract
- Supportive botanical and nutrient profile with rhodiola, lemon balm and vitamin B12⁺

43007 - 60 capsules

Botanicals for Mood Support*

Mood Response provides a blend of well-researched botanicals to promote optimal mental and emotional health.• Vitamin B12, (methylcobalamin) which is essential for optimal neurotransmitter health, is also included in this formula.•

The St. John's Wort Effect

The major constituents in St. John's Wort include hypericin and other dianthrones, flavonoids, xanthones and hyperforin. While it was previously thought the mood-supporting actions of St. John's Wort were due to hypericin and the effect on its enzyme monoamine oxidase, current research has challenged this belief, focusing on other constituents, such as hyperforin and flavonoids.⁴

The Power of Saffron

Saffron extract, or *Crocus sativus*, has demonstrated similar results. In a double-blind, randomized and placebo-controlled trial, saffron extract demonstrated an ability to provide nutritional support for a healthy mood.⁴²

Supportive Botanical Profile

Further supportive botanicals include rhodiola, which has historically demonstrated positive support for mental well-being.• Lemon balm, widely known as the 'gladdening herb' is another key botanical in this premier formula.



• These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

St. John's Wort Pharmacology

Hypericin was originally considered the active constituent of St. John's Wort, however extensive research shows hyperforin and its analogues (hyperoside, isoquercitrin, and miquelianin) play a more significant role than was earlier thought. It is well- documented that hyperforin inhibits reuptake of serotonin, norepinephrine and dopamine.³

However, preclinical research also shows that an hyperforin-free extract did not show any reduction in positive outcomes. In a 2014 study, adhyperforin inhibited uptake of serotonin,

Supplement Facts

Amount per Serving %	Daily	Value)
Vitamin C (Ascorbyl Palmitate)	2	mg	3%
Vitamin B12 (as methylcobalamin)	250	mcg	4167
St. John's Wort Extract	450	mg	*
Lemon Balm (4:1)	250	mg	*
Rhodiola Extract (3% Rosavins, 1% Salidroside)) 150	mg	*
Saffron Extract	15	mg	*
* Daily Value not established			

Other Ingredients: Cellulose.

norepinephrine, and dopamine, and displayed robust binding affinities for the serotonin and norepinephrine transporters.⁴

This may explain why there is more to St. John's Wort's active mechanisms than just hyperforin, as its wide variety of constituents include naphthodianthrones, phenylpropanes, flavonol derivatives, biflavones, proanthocyanidines, phloroglucinols, as well as amino acids and essential oils.⁵

Sources:

- 1. A Coppen et al "Treatment of depression: time to consider folic acid and vitamin B12," J Psychopharmacol 19(2005): 59-65.
- 2. E Moshiri E at al " Crocus sativus L. (petal) in the treatment of mild-to-moderate depression: a double-blind, randomized and placebo-controlled trial," *Phytomedicine* 13(2006):607-11.
- 3. J.F. Rodriguez-Landa et al. 2003. Review of clinical and experimental observations about antidepressant actions and side effects produced by *Hypericum perforatum extracts.* Phytomedicine. 10, 688–699.
- 4. T. Jingwei et al. 2014. Antidepressant-like activity of adhyperforin, a novel consitutent of Hypericum perforatum L. Nature, Scientific Reports 5632: 4: 5632.
- Nahrstedt A. & Butterweck V. 1997. Biologically active and other chemical constituents of the herb of Hypericum perforatum. L. *Pharmacopsychiatry*. 30 Suppl 2129–134.

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