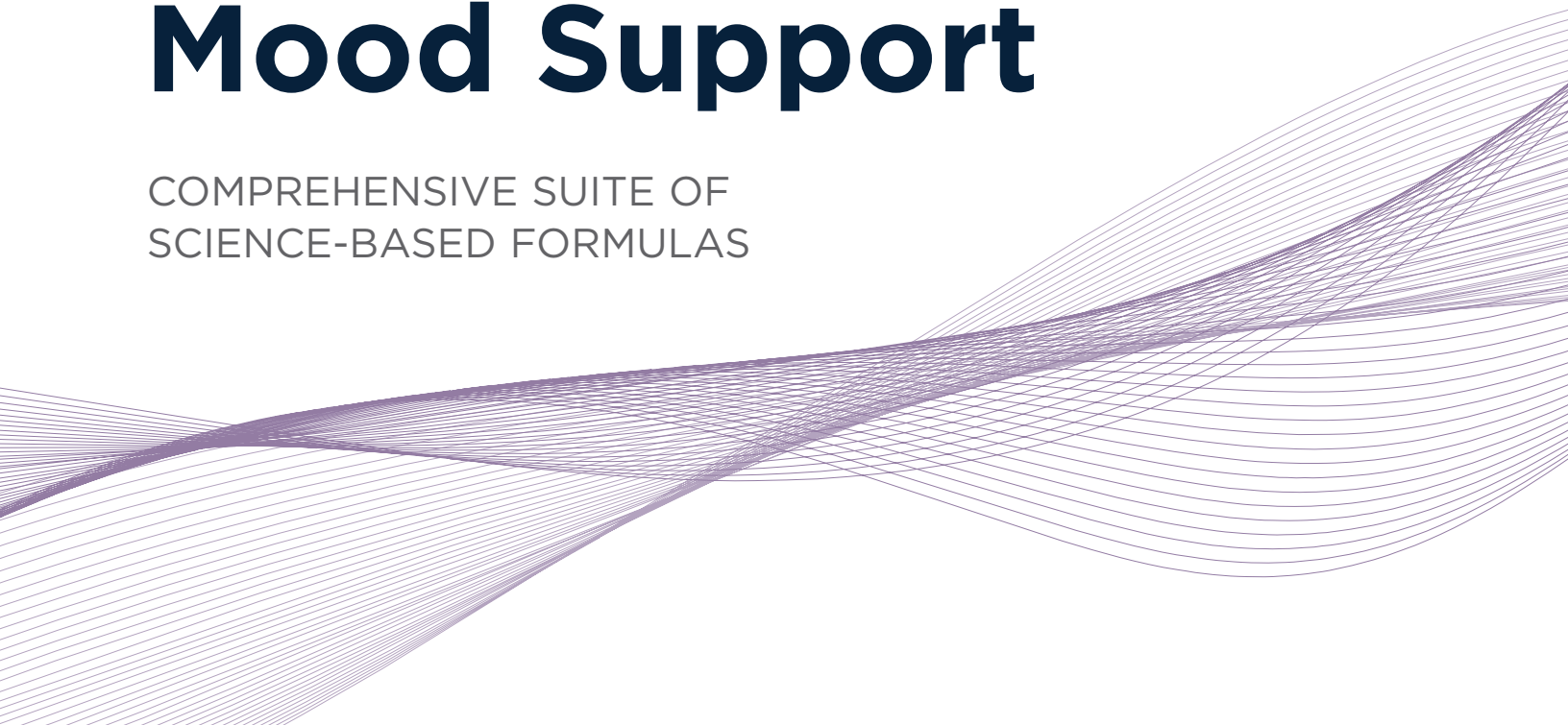




# Stress and Mood Support

COMPREHENSIVE SUITE OF  
SCIENCE-BASED FORMULAS



STRESS/MOOD

**designing a well world™**

# Supporting Stress and Mood Health



Designs for Health (DFH) creates evidence-based synergistic formulations with select ingredients that meet or exceed quality guidelines. Ingredient levels and dosing thresholds are established to be clinically relevant and effective for health-care practitioners. DFH only works with raw ingredient suppliers that demonstrate purity, potency, and efficacy.

## Science-Based Approach to Support Healthy Adrenal and Neurotransmitter Function

The neuroendocrine system maintains a vital balance to influence many aspects of mind-body health, including mood. While its primary role involves mobilizing physiological processes in response to stress, components of this intricate and interconnected system can become dysfunctional in the face of chronic, unrelenting mental, emotional, and physical stressors.

Alongside stress, many additional factors may also affect adrenal function and neurotransmitter production and balance, including diet, physical activity, gut health, immune status, infections, inflammation, aging, toxic load, and medications.

Supporting stress response and its effects on mood can be achieved by applying products that feature select compounds and nutrients designed to reinforce neurotransmitter balance, support adrenal health, and promote a healthy inflammatory response.\*

A proper diet and appropriate amounts of physical activity are crucial for maintaining

optimal neurotransmitter balance and healthy stress response. Beyond these foundational aspects, specific nutrients, amino acids, and phytochemicals may be beneficial for supporting hypothalamic-pituitary-adrenal (HPA) axis function, neurotransmitter balance, and a normal inflammatory response.\*

The DFH line of products for stress and mood includes formulations with patented ingredients proven to support neurotransmitter production and adrenal function and promote a healthy inflammatory response.\*

**Adrenal Support:** The HPA axis plays an important role in the stress response. Critical nutrients that maintain optimal HPA axis function include magnesium, vitamin C, pantothenic acid, and vitamin B6. Adaptogenic herbs also support adrenal function and normal stress response.\*

**Neurotransmitter Support:** Several key nutrients are involved in neurotransmitter synthesis and activity, including vitamins C, D, B6, B9, B12, zinc, iron, omega-3 fatty acids, and the amino acids tyrosine and tryptophan, which serve as precursors.



\*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.



# Formula Recommendations by Function\*



Adrenal Support	
Adrenal Complex™	Glandular-based product fortified with N-acetyl tyrosine, vitamin C, and B vitamins to support overall adrenal function*
Adrenotone™	Combination of adaptogenic herbs and adrenal-supporting nutrients to promote healthy cortisol metabolism and catecholamine production*
CatecholaCalm™	Blend of adaptogenic herbs and nutrients to support healthy catecholamine metabolism and adrenal function*
DHEA 5 mg	5 mg of dehydroepiandrosterone (DHEA) to support hormone synthesis and promote a normal stress response*
DHEA 25 mg	25 mg of DHEA to support hormone synthesis and promote a normal stress response*
Mood-Stasis™	Synergistic blend of vitamins and botanicals to support a calm and positive mental outlook and promote a normal stress response*
StressArrest™	Features calming nutrients such as glycine, niacinamide, pantothenic acid, and vitamin B6, along with gamma-aminobutyric acid (GABA) to support a normal stress response*
TriGandha™	Comprehensive blend of three ashwagandha extracts to support a healthy mood and normal response to perceived stress

Neurotransmitter Support	
5-HTP Supreme™	Delivers 100 mg of 5-hydroxytryptophan (5-HTP) and 20 mg of vitamin B6 per serving to support serotonin production*
5-HTP Synergy™	Contains 50 mg of 5-HTP and 10 mg of vitamin B6 per serving to support serotonin production*
Cannab-FS™ 450†	450 mg of full-spectrum phytocannabinoids per bottle to support mood and a healthy response to occasional stress and anxiety infused in a base of organic cold-pressed hemp seed oil, each, easy-to-swallow softgel yields 15 mg active phytocannabinoids.*
Cannab-FS™ 600†	600 mg of full-spectrum phytocannabinoids per bottle providing 20 mg of active phytocannabinoids per 1 mL serving to support mood and a healthy response to occasional stress and anxiety*

Neurotransmitter Support Cont.	
Cannab-FS™ 900†	900 mg of full-spectrum phytocannabinoids per bottle to support mood and a healthy response to occasional stress and anxiety infused in a base of organic cold-pressed hemp seed oil, each, easy-to-swallow softgel yields 15 mg active phytocannabinoids*
CannabOmega™†	Eicosapentaenoic acid/docosahexaenoic acid (EPA/DHA) in a 1:1 ratio combined with standardized phytocannabinoids for synergistic support of healthy mood and cognition*
DopaBoost™	Unique combination of <i>Mucuna pruriens</i> , which contains L-dopa and additional nutrients and botanicals that support dopamine production*
L-Tyrosine	1,200 mg of L-tyrosine with 100 mg of vitamin C to support the production of dopamine*
Liposomal NeuroCalm™	Synergistic blend of gamma-aminobutyric acid (GABA) and L-theanine in a liposomal delivery format for enhanced absorption and bioavailability
Lithium Synergy	Lithium orotate, a bioavailable form of lithium, to support hippocampus function combined with vitamin B12 and trimethylglycine to support healthy methylation pathways*
NeuroCalm™	Features PharmaGABA®, L-theanine, taurine, and chamomile to support the production of calming neurotransmitters and the activity of GABA and serotonin*
NeuroLink™	Neurotransmitter precursors and supporting nutrients to promote optimal neurotransmitter production and function*
PharmaGABA™	200 mg of GABA as PharmaGABA® to support GABA function and to encourage a healthy response to occasional stress and anxiety*
SAMe	200 mg of S-adenosyl-L-methionine (SAMe) per serving and vitamins B6, B9, and B12 to support normal methylation and neurotransmitter synthesis*
Vitamin B-6 Liquid	50 mg of vitamin B6 per serving combined with magnesium and zinc to support neurotransmitter production*

\*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.

# Adrenal Support



## Adrenal Complex

ADC120 | 120 capsules  
ADC240 | 240 capsules

Adrenal Complex is a glandular-based product designed to support overall adrenal function.\* Fortified with N-acetyl tyrosine, vitamin C, and a comprehensive spectrum of B vitamins, it is ideal for those under stress due to its ability to help promote normal cortisol metabolism and catecholamine production (dopamine, norepinephrine, and epinephrine).\*

**Recommended Use:** Take 2 capsules per day with meals or as directed by your health-care practitioner.



### Supplement Facts

Serving Size 2 capsules  
Servings Per Container 120

Amount Per Serving		% Daily Value
Vitamin C (as Ascorbic Acid)	100 mg	111%
Thiamin (Vitamin B-1) (as Thiamine HCl)	2 mg	167%
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	5 mg	385%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg	294%
Pantothenic Acid (as D-Calcium Pantothenate)	250 mg	5000%
Whole Adrenal Glandular	200 mg	*
PABA (Para-Aminobenzoic Acid)	100 mg	*
N-Acetyl-L-Tyrosine	50 mg	*
Adrenal Cortex Glandular	50 mg	*

\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, bovine gelatin (capsule), vegetable stearate.



## Adrenotone™

ADP090 | 90 vegetarian capsules  
ADP180 | 180 vegetarian capsules

Adrenotone™ is a combination of standardized adaptogenic herbs and nutrients that are known to contribute to rejuvenating the adrenals.\* This product is designed to help support healthy cortisol metabolism, hypothalamic and pituitary function (HPA axis), and catecholamine production (dopamine, norepinephrine, and epinephrine).\*

**Recommended Use:** Take 3 capsules per day with meals or as directed by your health-care practitioner. (Divided dosing recommended.)

**Warning:** Consult your health-care practitioner before using if you are pregnant or lactating or if you have hypertension or diabetes, or have had kidney or liver disorders. Discontinue use and consult your health-care practitioner if you experience sleeplessness, headache, or heart palpitations.



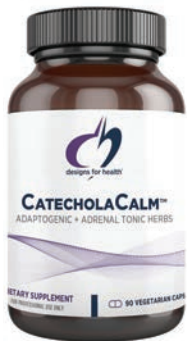
### Supplement Facts

Serving Size 3 capsules  
Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin C (as Ascorbic Acid)	100 mg	111%
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	5 mg	385%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg	294%
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg	5000%
Eleuthero ( <i>Eleutherococcus senticosus</i> ) (root) [standardized to contain 0.8% eleutherosides]	250 mg	*
American Ginseng ( <i>Panax quinquefolius</i> ) (root) [standardized to contain 5% ginsenosides]	100 mg	*
Ashwagandha ( <i>Withania somnifera</i> ) (root) [standardized to contain 1.5% withanolides]	100 mg	*
Rhodiola ( <i>Rhodiola rosea</i> ) (root) [standardized to contain 3% rosavins and 1% salidroside]	100 mg	*
N-Acetyl L-Tyrosine	75 mg	*
Licorice ( <i>Glycyrrhiza glabra</i> ) (root)	20 mg	*

\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, cellulose (capsule), vegetable stearate.



## CatecholaCalm™

☐ CAC090 | 90 vegetarian capsules

CatecholaCalm™ is designed to support healthy catecholamine metabolism with adaptogenic herbs and nutrients that may help support normal moods and promote calmness and relaxation. This unique formulation addresses adrenal gland health, which may help people handle occasional stress more effectively.\*

**Recommended Use:** Take 3 capsules per day or as directed by your health-care practitioner.



### Supplement Facts

Serving Size 3 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	100 mg 111%	Lemon Balm Extract ( <i>Melissa officinalis</i> )(leaves) [standardized to contain 3% rosmarinic acid]	100 mg *
Thiamin (Vitamin B-1) (as Thiamin HCl)	50 mg 4167%	Passion Flower Extract ( <i>Passiflora incarnata</i> )(aerial part) [standardized to contain 3.5% flavonoids]	100 mg *
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	10 mg 769%	Valerian Extract ( <i>Valeriana officinalis</i> )(root) [standardized to contain 0.8% valerenic acid]	100 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg 294%	Ashwagandha Extract ( <i>Withania somnifera</i> )(root) [standardized to contain 1.5% withanolides]	100 mg *
Vitamin B-12 (as Methylcobalamin [MecobalActive®])	2000 mcg 83333%	Phosphatidylserine (from sunflower lecithin)	50 mg
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 1000%		
Magnesium (as Di-Magnesium Malate)	75 mg 18%		
Taurine	300 mg *		
L-Theanine	200 mg *		

**Other Ingredients:** Cellulose (capsule), vegetable stearate, microcrystalline cellulose.



## DHEA 5 mg

☐ DHE180 | 180 vegetarian capsules

DHEA 5 mg supplies 5 mg of dehydroepiandrosterone (DHEA) for the synthesis of important hormones and for a variety of potential physiological responses, such as healthy aging, ongoing energy and vitality, and a balanced stress response, as well as muscle integrity and fat metabolism.\* This low-dose DHEA can be slowly titrated upwards as needed.

**Recommended Use:** Take 1 capsule per day with a meal or as directed by your health-care practitioner.

**Warning:** Do not use if pregnant, nursing, or planning to become pregnant. If using any hormonal products, consult your health-care practitioner before using DHEA.



### Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
DHEA (Dehydroepiandrosterone)	5 mg *

\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, cellulose (capsule), L-leucine.



## DHEA 25 mg

☐ DHEA60 | 60 vegetarian capsules

DHEA 25 mg supplies 25 mg of dehydroepiandrosterone (DHEA) per capsule for the synthesis of important hormones and for a variety of potential physiological responses, such as healthy aging, ongoing energy and vitality, and a balanced stress response, as well as muscle integrity and fat metabolism.\*

**Recommended Use:** Take 1 capsule per day with a meal or as directed by your health-care practitioner.

**Warning:** Do not use if pregnant, nursing, or planning to become pregnant. If using any hormonal products, consult your health-care practitioner before using DHEA.



### Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
DHEA (Dehydroepiandrosterone)	25 mg *

\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, cellulose (capsule), L-leucine.



## Mood-Stasis™

MOD030 | 30 vegetarian capsules

Mood-Stasis™ is a unique blend of vitamins and botanicals that work synergistically to support a calm and positive mental outlook.\* It is formulated with saffron and scelletium extracts along with methylated forms of vitamin B12 and folate that have been shown to support a normal stress response.\*

**Recommended Use:** Take 1 capsule per day or as directed by your health-care practitioner.

**Warning:** Consult your healthcare practitioner before using this product if you are pregnant, breastfeeding, or taking an anti-depressant or anxiety medication.



### Supplement Facts

Serving Size 1 capsule

Amount Per Serving		% Daily Value
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt)	1360 mcg DFE	340%
Vitamin B-12 (as Methylcobalamin)(MecobalActive®)	2000 mcg	83333%
Saffron Extract (Saffr'Inside™) (Crocus sativus)(stigma) [standardized to contain 3% crocins]	30 mg	*
Scelletium Extract (Zembrin®) (Scelletium tortuosum)(aerial parts)[standardized to contain a minimum of 0.38% total alkaloids]	25 mg	*

Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, cellulose (capsule), vegetable stearate, silicon dioxide.



## StressArrest™

STA090 | 90 vegetarian capsules

StressArrest™ is a uniquely formulated product that provides gamma-aminobutyric acid (GABA), a key neurotransmitter in the body involved in a normal, calm stress response. In addition, it supplies other calming nutrients including glycine, niacinamide, pantothenic acid, and vitamin B6.\*

**Recommended Use:** Take 1 capsule per day with a meal or as directed by your health-care practitioner.

**Warning:** Not recommended for use with alcohol. Not recommended for pregnant women. Consult with a health-care practitioner before use if you are taking prescription medication for anxiety or depression.



### Supplement Facts

Serving Size 1 capsule

Amount Per Serving		% Daily Value
Niacin (Vitamin B-3) (as Niacinamide)	100 mg NE	625%
Vitamin B-6 (as Pyridoxine HCl)	10 mg	588%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	2000%
GABA (gamma-Aminobutyric acid)	300 mg	*
Glycine	200 mg	*

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), microcrystalline cellulose, vegetable stearate.



## TriGandha™

TGD030 | 30 vegetarian capsules

TriGandha™ is a comprehensive blend of three unique and well-researched forms of ashwagandha extracts that help support a healthy mood and normal response to perceived stress.\* TriGandha™ is carefully formulated with industry-leading ashwagandha sources — Sensoril®, NooGandha®, and a high-quality standardized extract — that are derived from whole-plant extracts (root and leaf) to provide optimal efficacy and bioactive diversity.\* Each 1-capsule serving provides 650 mg of adaptogenic ashwagandha extracts.

**Recommended Use:** Take 1 capsule per day or as directed by your health-care practitioner.



### Supplement Facts

Serving Size 1 capsule

Amount Per Serving		% Daily Value
Ashwagandha Extract (Sensoril®) (Withania somnifera)(root and leaf)	250 mg	*
Ashwagandha Extract (NooGandha®) (Withania somnifera)(root and leaf)	250 mg	*
Ashwagandha Extract (Withania somnifera) (root)[standardized to contain 1.5% withanolides]	150 mg	*

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), microcrystalline cellulose, dicalcium phosphate, vegetable stearate, silicon dioxide.



## 5-HTP Supreme™

HTU060 | 60 vegetarian capsules

5-HTP Supreme™ is a synergistic formula of 5-hydroxytryptophan (100 mg) and vitamin B6 (20 mg) per serving for supporting overall neurotransmitter metabolism by providing precursors of serotonin. 5-HTP readily enters the blood-brain barrier; however, conversion into serotonin requires the cofactor vitamin B6, which is included in this formula. 5-HTP Supreme™ may be used during the day to help support a healthy mood and normal appetite, or it may be used at bedtime to support sleep.\* This formula can be used in place of 5-HTP Synergy™ when higher doses of 5-HTP are recommended.

**Recommended Use:** Take 1 capsule per day or as directed by your health-care practitioner.

**Warning:** Not recommended for use by pregnant or lactating women, or by those taking selective serotonin reuptake inhibitor (SSRI) or monoamine oxidase inhibitor (MAO) medications.



### Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate)	20 mg 1176%
5-HTP (5-Hydroxytryptophan)	100 mg *

\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, cellulose (capsule), L-leucine.



## 5-HTP Synergy™

HTP090 | 90 vegetarian capsules

5-HTP Synergy™ is a synergistic formula of 5-hydroxytryptophan (50 mg) and vitamin B6 (10 mg) per serving for supporting overall neurotransmitter metabolism by providing precursors of serotonin. 5-HTP readily enters the blood-brain barrier; however, conversion into serotonin requires the cofactor vitamin B6, which is included in this formula. 5-HTP Synergy™ may be used during the day to help support a healthy mood and normal appetite, or it may be used at bedtime to support sleep.\*

**Recommended Use:** Take 1 capsule per day or as directed by your health-care practitioner.

**Warning:** Not recommended for use by pregnant or lactating women, or by those taking selective serotonin reuptake inhibitor (SSRI) or monoamine oxidase inhibitor (MAO) medications.



### Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate)	10 mg 588%
5-HTP (5-Hydroxytryptophan)	50 mg *

\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, cellulose (capsule), vegetable stearate, L-leucine.





## Cannab-FS™ 450

CBF450 | 30 softgels

Cannab-FS™ 450 provides 450 mg of full-spectrum phytocannabinoids per bottle. Full-spectrum phytocannabinoids are the beneficial compounds naturally found in the aerial parts of hemp. It is infused in a base of organic, cold-pressed hemp seed oil, with each, easy-to-swallow softgel yielding 15 mg of active phytocannabinoids. Cannab-FS™ 450 also contains natural terpenes, aromatic compounds from the hemp plant that work synergistically with phytocannabinoids, complementing their health-promoting properties. In this product, 100% of the hemp flowers come from American farms grown under the Farm Bill. Contains <0.3% THC.

**Recommended Use:** Take one softgel per day with a meal or as directed by your health-care practitioner.

**Warning:** Consult your health-care practitioner prior to use if you are pregnant or breastfeeding.

Hemp-derived phytocannabinoid products are not for sale outside the U.S. or to the states of Alaska, Idaho, Louisiana, Mississippi, South Dakota, and West Virginia.



### Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value
Calories	5
Phytocannabinoids (flower) (from full spectrum hemp flower extract)	15 mg †

†Daily Value not established.

**Other Ingredients:** Organic cold-pressed hemp seed oil, glycerine, gelatin.



## Cannab-FS™ 600

CBF600 | 1 fl oz (30 mL)

Cannab-FS™ 600 is offered in a liquid form, infused in a base of organic, cold-pressed hemp seed oil. It also contains natural terpenes, aromatic compounds from the hemp plant that work synergistically with phytocannabinoids, which are the beneficial compounds naturally found in the aerial parts of hemp, complementing their health-promoting properties. Additional terpenes are also included for taste enhancement. In this product, 100% of the hemp flowers come from American farms grown under the Farm Bill. Contains <0.3% THC. Cannab-FS™ 600 provides 600 mg per bottle of full-spectrum phytocannabinoids and yields 20 mg of active phytocannabinoids per 1 mL serving (1 dropperful).

**Recommended Use:** Take 1 mL (1 dropperful) and hold in mouth for 30 seconds before swallowing or as directed by your health-care practitioner.

**Warning:** Consult your health-care practitioner prior to use if you are pregnant or breastfeeding.

Hemp-derived phytocannabinoid products are not for sale outside the U.S. or to the states of Alaska, Idaho, Louisiana, Mississippi, South Dakota, and West Virginia.



### Supplement Facts

Serving Size 1 mL (1 dropperful)

Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	10
Total Fat	1 g 1%*
Phytocannabinoids (flower)(from full spectrum hemp flower extract)	20 mg †

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

**Ingredients:** Organic cold-pressed hemp seed oil, natural terpenes.





## Cannab-FS™ 900

CBF900 | 60 softgels

Cannab-FS™ 900 provides 900 mg of full-spectrum phytocannabinoids per bottle. Full-spectrum phytocannabinoids are the beneficial compounds naturally found in the aerial parts of hemp. It is infused in a base of organic, cold-pressed hemp seed oil, with each, easy-to-swallow softgel yielding 15 mg active phytocannabinoids. Cannab-FS™ 900 also contains natural terpenes, aromatic compounds from the hemp plant that work synergistically with phytocannabinoids, complementing their health-promoting properties. In this product, 100% of the hemp flowers come from American farms grown under the Farm Bill. Contains <0.3% THC.

**Recommended Use:** Take 1 softgel per day with a meal or as directed by your health-care practitioner.

**Warning:** Consult your health-care practitioner prior to use if you are pregnant or breastfeeding.

Hemp-derived phytocannabinoid products are not for sale outside the U.S. or to the states of Alaska, Idaho, Louisiana, Mississippi, South Dakota, and West Virginia.



### Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value
Calories	5
Phytocannabinoids (flower)(from full spectrum hemp flower extract)	15 mg †

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

**Other Ingredients:** Organic cold-pressed hemp seed oil, glycerine, gelatin.



## CannabOmega™

CBOM60 | 60 softgels

CannabOmega™ is a unique omega-3 formulation, combining a 1:1 ratio of eicosapentaenoic/docosahexaenoic (EPA/DHA), along with standardized phytocannabinoids found in hemp oil. The omega-3 fatty acids found in this product are best known for their neuro-supportive properties and their roles in brain health, including support for healthy mood and cognition.\* CannabOmega™ also provides synergistic support for cardiovascular, metabolic, and immune health.\* The fish oils in this product are in the triglyceride (TG) form for superior absorption and bioavailability. Contains <0.3% THC.

**Recommended Use:** Take 1 softgel twice per day or as directed by your health-care practitioner.

**Warning:** Consult your health-care practitioner prior to use if you are pregnant or breastfeeding.

Hemp-derived phytocannabinoid products are not for sale outside the U.S. or to the states of Alaska, Idaho, Louisiana, Mississippi, South Dakota, and West Virginia.



### Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value
Calories	10
Total Fat	1 g 1%*
Cholesterol	<5 mg <2%*
Phyto-3™ Proprietary Blend	920 mg †
Total Omega-3 Fatty Acids (from fish oil)	485 mg †
EPA (Eicosapentaenoic Acid)	200 mg †
DHA (Docosahexaenoic Acid)	200 mg †
Other Omega-3 Fatty Acids	85 mg †
Hemp Oil (whole plant) [containing 10 mg phytocannabinoids]	100 mg †

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

**Other Ingredients:** Gelatin, glycerine, purified water, carob (color), natural mixed tocopherols.

**Contains fish (anchovy, sardine, mackerel)**

# Neurotransmitter Support



## DopaBoost™

DPB060 | 60 vegetarian capsules

DopaBoost™ is designed to support the body's natural production of dopamine, one of the body's primary catecholamines.\* Dopamine is essential for the normal functioning of the central nervous system, and it is associated with attention, learning, movement, balance, and mood regulation.\* The primary ingredient in DopaBoost™ is *Mucuna pruriens*, a botanical that naturally contains L-Dopa, the metabolic precursor to dopamine, which can cross the blood-brain barrier. Additional ingredients include epigallocatechin gallate (EGCg), acetyl-L-tyrosine, quercetin, and vitamin B6, all selected for their synergistic roles in the production and regulation of dopamine.\*

**Recommended Use:** Take 2 capsules per day or as directed by your health-care practitioner.



### Supplement Facts

Serving Size 2 capsules Servings Per Container 30		
Amount Per Serving		% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg	294%
N-Acetyl-L-Tyrosine	750 mg	*
Mucuna Extract ( <i>Mucuna pruriens</i> )(seed)(standardized to contain 60% L-Dopa (3, 4 Dihydroxy-L-Phenylalanine))	425 mg	*
Green Tea Extract ( <i>Camellia sinensis</i> )(leaves) [standardized to contain 95% polyphenols and 45% EGCg]	100 mg	*
Quercetin	100 mg	*

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), vegetable stearate.



## L-Tyrosine

TYR120 | 120 vegetarian capsules

Tyrosine is a non-essential amino acid synthesized in the body from the amino acid phenylalanine. It is a precursor from which the body makes dopamine, which is then converted to norepinephrine and then to epinephrine. This formula provides 1,200 mg of L-tyrosine, along with vitamin C for its role as a cofactor in neurotransmitter production. Tyrosine is ideally taken on an empty stomach or 2 hours before a protein-containing meal to avoid competition with other amino acids for absorption.

**Recommended Use:** Take 2 capsules per day on an empty stomach or as directed by your health-care practitioner.



### Supplement Facts

Serving Size 2 capsules Servings Per Container 60		
Amount Per Serving		% Daily Value
Vitamin C (as Ascorbic Acid)	100 mg	111%
L-Tyrosine	1.2 g	*

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), vegetable stearate, silicon dioxide.



## Liposomal NeuroCalm™

LPONEU | 1.7 fl oz (50mL)

Liposomal NeuroCalm™ is a unique blend of gamma-aminobutyric acid (GABA) and L-theanine to support mental calm and a healthy response to stress.\* The ingredients are formulated with liposomal technology. Liposomes are spheres made of phospholipids — the primary building blocks of cell membranes. Owing to this structure, liposomes bond easily with cell membranes to facilitate intracellular delivery of their nutrient cargo. Thanks to this enhanced delivery system, nutrients delivered in liposomal form offer superior absorption and bioavailability. Each 2 mL serving (4 pumps) of this formula provides 250 mg of GABA and 100 mg of L-theanine.

**Recommended Use:** Take 2 mL (approximately 4 pumps) and hold in mouth for 30 seconds before swallowing or as directed by your health-care practitioner.



### Supplement Facts

Serving Size 2 mL (approx. 4 pumps) Servings Per Container 25		
Amount Per Serving		% Daily Value
gamma-Aminobutyric acid (GABA)	250 mg	*
L-Theanine	100 mg	*

\*Daily Value not established.

**Other Ingredients:** Water, glycerine, ethanol, phospholipids (from sunflower lecithin), tocopherol, natural mixed tocopherols.



## Lithium Synergy

☞ LSC120 | 120 vegetarian capsules

Lithium orotate is lithium bound to orotic acid, which improves its bioavailability. It is believed that some of the nutritional benefits of lithium come from its ability to support the synthesis and recycling of inositol, a primary component of the phosphoinositol signaling pathway. Research also shows that lithium supports the health and function of the hippocampus.\* The addition of vitamin B12 and trimethylglycine (TMG) to Lithium Synergy helps support healthy methylation pathways, and vitamin B12 is also needed for the synthesis of S-adenosyl-L-methionine (SAME).

**Recommended Use:** Take 1 capsule per day or as directed by your health-care practitioner.

**Warning:** This product should not be used to replace any anti-depressant medication, including prescription forms of lithium, unless used under the direction of a qualified health-care practitioner. Lithium Synergy should not be used by individuals with significant renal or cardiovascular diseases, severe debilitation, dehydration, or sodium depletion, or by individuals who are taking diuretics or angiotensin-converting enzyme (ACE) inhibitors. Consult your doctor before use if you are taking anti-hypertensive drugs, anti-inflammatory drugs, analgesic drugs, or insulin. Lithium should not be used by pregnant women and breastfeeding mothers. Serum lithium levels should be monitored by a qualified health-care provider during use.



### Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	
Vitamin B-12 (as Methylcobalamin [MecobalActive®])	250 mcg	10417%
Trimethylglycine (TMG)	200 mg	*
Lithium (as Lithium Orotate)	5 mg	*

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), dicalcium phosphate, vegetable stearate, silicon dioxide.



## NeuroCalm™

☞ NEUCLM | 60 vegetarian capsules

NeuroCalm™ is designed to promote the activity of gamma-aminobutyric acid (GABA) and serotonin, which may help support healthy moods, cravings, and feelings of calm, satiety, and satisfaction.\* NeuroCalm™ contains PharmaGABA®, a form of GABA manufactured through a fermentation process, which is considered more effective than chemically produced synthetic forms. Support for the production of calming neurotransmitters is also provided by L-theanine and taurine.\*

**Recommended Use:** Take 2 capsules per day or as directed by your health-care practitioner.



### Supplement Facts

Serving Size 2 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value	
Vitamin B-6 (as Pyridoxal-5-Phosphate)	2.5 mg	147%	Chamomile Extract ( <i>Matricaria chamomilla</i> ) (flower)	200 mg	*
Vitamin B-12 (as Methylcobalamin [MecobalActive®])	1000 mcg	41667%	gamma-Aminobutyric acid (as PharmaGABA®)	100 mg	*
Magnesium (as Di-Magnesium Malate)	75 mg	18%	L-Theanine	100 mg	*
Inositol	400 mg	*	5-HTP (5-Hydroxytryptophan)	50 mg	*
Taurine	300 mg	*	Phosphatidylserine (from sunflower lecithin)	50 mg	*

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), silicon dioxide, vegetable stearate.



# Neurotransmitter Support



## Neurolink™

CD NEU180 | 180 vegetarian capsules

Neurolink™ is an encapsulated formula used to support neurological, cognitive, and neurotransmitter functions (serotonin, dopamine, gamma-aminobutyric acid [GABA], etc.) through the inclusion of neurotransmitter precursors and supportive nutrients.\*

**Recommended Use:** Take 6 capsules on an empty stomach per day or as directed by your health-care practitioner. (Divided dosing recommended.)



### Supplement Facts

Serving Size 6 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate)	30 mg 1765%	L-Glutamine	600 mg *
		Inositol	600 mg *
L-Tyrosine	1.2 g *	Taurine	600 mg *
GABA (gamma-Aminobutyric acid)	750 mg *	5-HTP (5-Hydroxytryptophan)	150 mg *
*Daily Value not established.			

**Other Ingredients:** Cellulose (capsule), microcrystalline cellulose, vegetable stearate.



## PharmaGABA®

PGAB60 | 60 chewable tablets

PharmaGABA® is naturally sourced, bioidentical gamma-aminobutyric acid (GABA). It is made via a process in which the amino acid glutamic acid (glutamate) is fermented using *Lactobacillus hilgardii*, the beneficial bacteria also used to ferment many foods including the vegetables in kimchi, the famous Korean dish. PharmaGABA® provides 200 mg of GABA per serving (2 tablets). The chewable tablet delivery allows for rapid and efficient absorption and assimilation. GABA is a naturally occurring amino acid in the brain, and it is a major inhibitory neurotransmitter in the central nervous system. GABA serves as a critical calming agent for the body, helping to promote a healthy response to occasional stress and anxiety.\*

**Recommended Use:** Chew 2 tablets per day or as directed by your health-care practitioner.



### Supplement Facts

Serving Size 2 tablets  
Servings Per Container 30

Amount Per Serving	% Daily Value
gamma-Aminobutyric acid (as PharmaGABA®)	200 mg *

\*Daily Value not established.

**Other Ingredients:** Xylitol, F-MELT®, vegetable stearates, microcrystalline cellulose, citric acid, natural flavors, stevia leaf extract (*Stevia rebaudiana*), pharmaceutical glaze.



## SAMe

☐ SAM030 | 30 vegetarian capsules  
☐ SAM090 | 90 vegetarian capsules

SAMe (as S-adenosyl-L-methionine) is a naturally occurring metabolite found in the human body and in plant and animal foods. It is the most active of all methyl donors and has been compared to adenosine triphosphate (ATP) in its importance for the body. SAMe is naturally synthesized in humans from the amino acid methionine in the presence of the cofactors vitamin B12 and folate. SAMe is involved in the synthesis of neurotransmitters, the hormone melatonin, phospholipids, and polyamines, which control cellular growth. It is also the source of methyl groups inside the nucleus for DNA methylation, which controls gene expression and the masking of genetic damage.\*

**Recommended Use:** Take 1 capsule per day, preferably on an empty stomach, or as directed by your health-care practitioner.



### Supplement Facts

Serving Size 1 capsule

Amount Per Serving		% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg	294%
Folate (as Quatrefolic® [6S]-5-Methyltetrahydrofolate, glucosamine salt 200 mcg)	170 mcg DFE	43%
Vitamin B-12 (as Methylcobalamin)	50 mcg	2083%
SAMe (as S-Adenosyl-L-Methionine from SAMe Powder - S-Adenosyl-L-Methionine P-Tolensulfate, Calcium Chloride and Calcium Oxide)	200 mg	*

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), microcrystalline cellulose, vegetable stearate.



## Vitamin B-6 Liquid

💧 V6B4OZ | 4 fl oz (118 mL)

Vitamin B-6 Liquid combines magnesium and zinc with vitamin B6. These three nutrients serve as common cofactors in the body and are needed for multiple metabolic conversions. This unique formula works synergistically to support numerous reactions in the body, such as neurotransmitter production, hormone metabolism, and much more.\* Vitamin B-6 Liquid has a great tasting, natural raspberry flavor that is easily absorbed. It is the perfect solution for people who need higher doses of this often-lacking vitamin.

**Recommended Use:** Take 5 mL (approximately 1 teaspoon) per day or as directed by your health-care practitioner.



### Supplement Facts

Serving Size 5 mL (approx. 1 teaspoon)

Servings Per Container about 24

Amount Per Serving		% Daily Value
Calories	15	
Total Carbohydrate	3 g	1%*
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2941%
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate Taste Free)	30 mg	7%
Zinc (as Zinc Bisglycinate Chelate)	5 mg	45%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Other Ingredients:** Glycerine, purified water, citric acid, natural flavor, β-carotene (color).

# Mood and Stress Support Protocols for Practitioners



Below you will find a list of our exclusive DFH clinical protocols developed by our science and education teams. These condition-specific protocols provide a framework for intervention in patients presenting with neurotransmitter imbalance, mood changes, anxiety, depression, HPA axis imbalance, and other neuroendocrine dysregulation that may affect stress response and mood. Each protocol includes nutrition, lifestyle, biomarkers, and dietary supplement regimens to assess and support prevalent conditions involving impaired stress response and mood imbalance.

**Please contact your local, dedicated DFH consultant or log in to your professional account at [www.designsforhealth.com](http://www.designsforhealth.com) to access these protocols and other resources.**



**Adrenal Dysregulation Protocol**  
*(hyper-responsiveness)*



**Adrenal Dysregulation Protocol**  
*(hypo-responsiveness)*



**Anxiety Support Protocol**



**Depression Support Protocol**

This information is provided as a medical and scientific educational resource for the use of physicians and other licensed health-care practitioners ("practitioners"). This information is intended for practitioners to use as a basis for determining whether to recommend these products to their patients. All recommendations regarding protocols, dosing, prescribing, and/or usage instructions should be tailored to the individual needs of the patient, considering their medical history and concomitant therapies. This information is not intended for use by consumers.

Dosing recommendations are given for typical use based on an average 150-pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities. Individual monitoring, including liver function tests, may be appropriate.



# Additional clinical and educational resources available from Designs for Health®

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## **Product Technical Sheets**

Detailed technical documents that highlight the ingredient profile, biological actions, supporting science, and recommended use guidelines for Designs for Health® formulations.

## **Patient Education Handouts**

Educational sheets that provide product information in patient-friendly language to support understanding, adoption, and compliance with practitioner product recommendations.

## **Clinical Protocols**

Condition-specific frameworks for intervention that include reviews of pathophysiology, relevant diagnostics and biomarkers, diet and lifestyle recommendations, and targeted supplement regimens to support patient outcomes.

## **Educational Webinars**

The latest thinking in integrative health, functional medicine, and clinical application, delivered as engaging sessions by industry thought leaders.

## **Science Articles and Audio Blogs**

Trends, scientific findings, advances in research, and clinical care considerations communicated through weekly evidence-based articles and audio blogs.

## **White Papers**

Comprehensive insights and in-depth explorations of specific nutrients and botanicals, including the evidence behind their influence on human health and application in dietary supplementation.

For these resources and more, visit [www.designsforhealth.com](http://www.designsforhealth.com) and navigate to our online Educational Library.



\*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.

Due to various formulation and regulatory factors,  
label changes do occur. For the latest information,  
please refer to the e-catalog located on  
[www.designsforhealth.com](http://www.designsforhealth.com).

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