

This selected composition of various nutrients, vitamins and trace elements can contribute to the maintenance of normal nerve function as well as normal mental function.

Basics:

Approximately one in eight people will suffer from a mood disorder in their lifetime. Sufferers may experience a range of emotional and physical symptoms.

The causes of mood disorders are diverse and complex and are primarily related to genetic predisposition, certain psychological factors and neuro-physiological changes. The latter are characterised by changes in the balance of certain neurotransmitters, i.e. the messenger substances responsible for signal transmission between nerve cells.

Various nutrients can have a positive effect on the nervous system and general state of mind by maintaining the balance of the different neurotransmitters:

Griffonia Simplicifolia: This is a plant species from the legume family in the subfamily of the papilionaceous plants. It serves as a natural source of 5-Hydroxytryptophan, from which the body can later produce serotonin itself. Serotonin is an important neurotransmitter for normal brain and nerve function, and is also popularly known as the happiness hormone.

L-phenylalanine: This essential amino acid is considered the most important precursor of various catecholamines such as dopamine, adrenaline and noradrenaline. In addition, phenylalanine is converted in the brain to phenylethylamine, a naturally occurring messenger substance that contributes to the maintenance of a normal mood.

St. John's wort extract is one of the oldest known remedies for the treatment of mood disorders.

Other important micronutrients to support the brain and mood are **magnesium, vitamin B6, niacin, niacinamide** and **calcium**. These are also found in many plant and animal foods. Vitamin B3 (niacin), B6 and magnesium contribute, among other things, to a normal function of the nervous system as well as to a normal mental function. Calcium also plays a role in the process of cell division and specialisation as well as signal transmission.

If the absorption of these nutrients through the diet is not sufficient or there is an increased need, these nutrients can be supplemented through special food supplements.

Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for selfmedication. Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as "not yet sufficiently proven" by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described here has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease.

Errors and typographical errors excepted. VBX-1-24

Ingredients:

One capsule contains:

5-Hydroxytryptophan	50 mg
L-phenylalanine	50 mg
Vitamin B6	10 mg
Niacin	10 mg
Niacinamide	35 mg
St. John's wort extract (hypericin)	50 mg
Magnesium (Mg)	50 mg
Calcium (Ca)	75 mg

Other ingredients:

Rice Flour, Magnesium Stearate.

The product is vegetarian, gluten-free, lactose-free, not genetically modified.

Capsule shell vegetarian.

Recommended consumption:

In normal cases take 1-4 capsules daily before going to bed with plenty of fluid.

Manufacturer



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