



RESTORATIVE
FORMULATIONS

Physician Formulated, Clinical Results



Formulation Features

- Provides the necessary precursors for serotonin synthesis
- Promotes a positive mood via biochemical pathways
- Supports the natural production of neurotransmitters

Promotes a calm, healthy mood

MindEase is a unique nutritional formula containing a wide range of essential cofactors and precursors required for proper neurotransmitter production, metabolism, and positive mood.

MindEase contains 5HTP and active forms of B-vitamin cofactors that support healthy serotonin production. We also formulated this product with 300 mg of Gamma Aminobutyric Acid (GABA), which is the chief inhibitory neurotransmitter that calms the central nervous system (CNS) and promotes a content mood.

The B vitamins contained in MindEase help to regulate healthy sleep patterns while promoting muscle comfort and calming distressed CNS status. Furthermore, high levels of niacinamide (a form of Vitamin B3) are included in MindEase based on the orthomolecular tradition that it can stabilize and maintain a healthy balanced mood.

Formula

Each/Chaque vegi-capsule contains

Vitamin B1 (Thiamine)	25 mg
Vitamin B3 Niacin (Niacinamide)	500 mg
Vitamin B6 (Pyridoxine hydrochloride)	25 mg
Folate (folic acid)	500 mcg
Vitamin B12 (Methylcobalamin)	500 mcg
Calcium (Calcium Citrate)	16.66 mg
Magnesium (Magnesium Citrate)	9.5 mg
Selenium (L-Selenomethionine)	25 mcg
Gamma Aminobutyric Acid (GABA)	100 mg
L-5-Hydroxytryptophan (5-HTP) (griffonia simplicifolia)	25 mg

Non-Medicinal Ingredients: hypromellose vegi-capsule, 2% or less rice flour

Ingredients non medicinaux: hypromellose vegi-capsule, 2% ou moins de la farine de riz



Nutritional Foundation of "MindEase"

NIACIN

A form of Vitamin B3 that has been (and still is) commonly used to promote a relaxed mood.

GABA

The most common inhibitory neurotransmitter in the CNS reported for its anxiolytic or mild relaxation properties.

FOLIC ACID

A member of the vitamin B family (B9), which is crucial for numerous bodily functions and must be obtained through dietary sources.

Restorative Formulations

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Supplementation

- Take 1 to 3 capsules twice daily or as directed by a health care practitioner. Can be taken with or without food.

Diet & Lifestyle

- Eliminate as much physical, emotional, and environmental stress as possible.
- Exercise moderately for 12-15 minute intervals, 2 – 4 times daily.
- In order to maintain optimal blood sugar levels, eat meals that are balanced in protein and carbohydrates.
- Avoid known allergens.
- Get plenty of rest.

REFERENCES:

Weeks BS. Formulations of dietary supplements and herbal extracts for relaxation and anxiolytic action: Relarian. Med Sci Monit. 2009 Nov;15(11):RA256-62

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