



# The NeuroSynergy Clinical Series

## Clinician Formulas Supporting Balanced Mood, Cognitive Function & Stress Resilience

Formulated and developed by Michaël Friedman, ND, Chief Formulator and Founder of Restorative Formulations, the NeuroSynergy line provides naturopathic and functional medicine practitioners with clinically substantiated formulas to optimize neurotransmitter balance in patients with mood, stress, and cognitive concerns. Each formula—**SeroBoost**, **MoodBoost**, **CortiCalm**, and **DopaMind**—targets a distinct neurochemical system to support calm focus, emotional resilience, and sustained cognitive performance.



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# MoodBoost

## Comprehensive Support for Serotonin and Dopamine Balance to Enhance Mood & Energy

Neurotransmitters are chemical messengers that transmit signals between brain cells, influencing how we feel, think, and respond to stress. MoodBoost provides comprehensive support for healthy neurotransmitter activity, including serotonergic and dopaminergic pathways, to promote positive mood, motivation, and mental clarity. It is particularly useful for neurocognitive health and healthy aging, as serotonin and dopamine levels naturally decline with age.

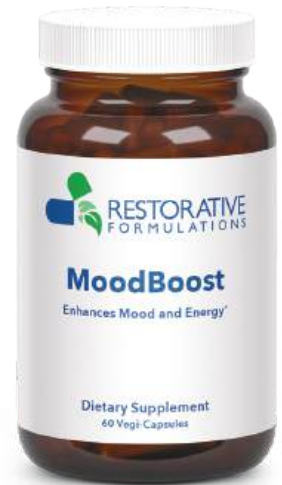
### Formula Features

This formula utilizes the unique ingredient **agmatine**, which acts like a neuromodulator, acting on imidazoline receptors to provide support for cognitive and emotional regulation.

**Mucuna pruriens** offers natural L-Dopa, supporting healthy dopamine synthesis and motivation.

**Griffonia simplicifolia** provides 5-HTP, the serotonin precursor that promotes a calm mood and restorative sleep. Together, they provide the highest dosages of 5-HTP and L-Dopa per capsule among professional-grade formulations.

**St. John's Wort** supports balanced neurotransmitter reuptake activity. Kola nut promotes alertness and mental energy.



### Patient Profile

MoodBoost is best suited for patients who need general mood uplift, motivation, or broad neurochemical support.

### Clinical Support Formulas

MoodBoost pairs well with Mitochondria Nutrition PQQ, a highly bioavailable multivitamin offering high doses of B vitamins plus PQQ for cognitive benefits.

**Validated Safety Notes:** Possible interaction with SSRIs or dopaminergic agents. Mild GI upset and photosensitivity are reported in sensitive individuals.



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# SeroBoost

## Targeted Serotonin and Mental Wellness Support

Serotonin is a key neurotransmitter involved in regulating mood, emotional well-being, appetite, and the sleep-wake cycle. This formula supports relaxation, sound sleep, and positive mood and outlook during periods of occasional stress.

### Formula Features

SeroBoost combines 215 mg of **5-HTP** per capsule—the highest therapeutic potency available in a professional dietary supplement—with **Kanna** (Sceletium), offering 1.5% alkaloids, that modulate serotonin reuptake for rapid support of mood and sleep.

### Patient Profile

SeroBoost is best suited for patients experiencing emotional flatness, low affect, or sleep disturbance.

### Clinical Support Formulas

SeroBoost pairs well with Adrenal Px Balance for enhanced calming energy.

**Validated Safety Notes:** Avoid with SSRIs, MAOIs, or other serotonergic medications. Transient mild nausea is possible.



# CortiCalm

## Cortisol and Stress Modulation for Calm Focus

Cortisol serves as the principal stress hormone, essential for mediating the physiological effects of stress. CortiCalm is formulated to support stress resilience and help calm an active mind by balancing the body's natural cortisol and neurotransmitter systems.

### Formula Features

High potency **Kanna** provides 1.5% alkaloids, equal to 75 mcg per capsule. Kanna supports emotional balance and calmness by helping maintain healthy serotonin activity.

**Magnolia extract** in an advanced phospholipid delivery of concentrated 90% magnolol and honokiol is combined with **Skullcap** and **L-Theanine**. The synergy of these compounds helps support balanced cortisol rhythm, serotonin levels, and GABA activity tone to promote calm focus and stress resilience without sedation.

### Patient Profile

CortiCalm is best suited for patients feeling overwhelmed or “wired but tired”.

### Clinical Support Formulas

CortiCalm pairs well with StressCalm Px for an enhanced calming effect.



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# DopaMind

## Dopaminergic and Neuroprotective Support

Dopamine supports motor control, cognitive function, and emotional balance by regulating motivation, focus, and reward-driven behavior. DopaMind is designed to support healthy dopaminergic and cholinergic signaling, particularly for older adults concerned about maintaining cognitive function and physical coordination.

### Formula Features

This formula contains **Mucuna extract** standardized to deliver 195 mg L-Dopa per capsule—the highest professional-grade therapeutic level—to support dopamine synthesis and healthy neural signaling. It also includes an advanced phospholipid delivery of 90% **magnolol** and **honokiol** from magnolia extract. Rarely available in commercial formulas, **Lycopodium clavatum** uniquely provides support for balanced dopaminergic and GABAergic modulation.

### Patient Profile

DopaMind is best suited for seniors experiencing low motivation or diminished focus who wish to support healthy brain neurotransmitter balance and cognitive performance with age.

### Clinical Support Formulas

DopaMind pairs well with Neuro-Protect Px for enhanced cognitive support.

**Validated Safety Notes:** Avoid use with dopaminergic medications. May cause transient nausea if taken late in the day.



## Product Summary Table

Formula	Neurotransmitter Target	Clinical Indications	Key Potency Feature
MoodBoost™	Serotonin + Dopamine	First-line formula for general mood support, motivation, and healthy aging	Dual high-dose 5-HTP + L-DOPA – top combined potency
SeroBoost™	Serotonin	Mood, sleep, emotional stability	215 mg 5-HTP – highest professional potency
CortiCalm™	Cortisol + GABA + Serotonin	Stress resilience, calm focus	1.5% alkaloids – top Kanna potency
DopaMind™	Dopamine	Motivation, focus, motor control	195 mg L-DOPA – highest professional level

#### Select References

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