

# Protocol for Nutritional **SLEEP/MOOD** Support

Practitioner Information - Protocol For Life Balance™ Supplements

Healthy mood and proper sleep habits depend upon maintaining a balance among neurotransmitters, other brain/nerve nutrients, and other co-factors. Nutrients can influence these functions, including modulating mood and sleep cycles. The individual components of this protocol can be combined for more complete support of these systems.

## Ultra Omega-3 (Molecularly Distilled)

Omega-3 Fatty Acids are essential for the health of neuronal tissues, including the brain, and have been shown to play a role in both mood and cognition. (1, 9) Emerging evidence also indicates that Omega-3 FAs may be important in the maintenance of healthy body composition through a number of mechanisms. (10, 11)

Because Omega-3 FAs have been shown to be important in cell membrane biochemistry, they play a critical role in information processing in the brain. This particular function of DHA is especially significant with respect to its role in the maintenance of a positive mental state and balanced mood.

### Cautions and interactions

Omega-3 fatty acids may interact with aspirin or warfarin. In addition, omega-3 fatty acids may interact with cholesterol-lowering statin medications. Omega-3 fatty acids may be used as a dietary supplement if taking certain medications, including cyclosporine, and may interact with topical corticosteroid treatment.

## 5-HTP + Tyrosine

5-HTP is extracted from the bean of the African plant *Griffonia simplicifolia*, a natural vegetable source. 5-HTP (5-hydroxytryptophan) is an intermediate metabolite between the amino acid L-tryptophan and serotonin; 5-HTP is serotonin's immediate intracellular precursor. (17-21) Serotonin is associated with positive mood and provides a substrate for the production of melatonin. (17, 20, 21) Serotonin plays an important role in the regulation of appetite and mood and is also necessary for the production of melatonin. Melatonin is the main hormone responsible for the management of sleep.

L-Tyrosine is the amino acid precursor of the neurotransmitters dopamine and norepinephrine, both of which are important for the maintenance of a balanced mood. (22-23) The combination of 5-HTP and L-Tyrosine, therefore work together to beneficially support healthy brain neurochemistry.

### Cautions and interactions

Some individuals may initially experience nausea with 5-HTP, especially at higher doses. Reducing intake to no more than 50 mg three times daily and increasing intake slowly resolves this issue. Consult a physician if currently being treated or recently treated with an SSRI or an MAOI antidepressant. (24)

L-Tyrosine is generally safe taken in low doses. (25) However, overstimulation, restlessness, anxiety, insomnia, heart palpitations or arrhythmia are side effects that occur from higher doses or in sensitive individuals in as low a dose as 200 mg. L-Tyrosine may cause a severe increase in blood pressure in people taking MAOIs. (27) There is some concern that L-Tyrosine might have interactions with thyroid hormone medications. L-Tyrosine is a precursor to thyroid hormone and might affect levels. (26) Interactions with L-dopa have been suggested.

## Taurine

Taurine is a free-form amino acid that participates in a variety of metabolic processes. It is involved in bile acid conjugation, detoxification, neuromodulation and membrane stabilization, as well as acting as an antioxidant.(35-44) Taurine functions as a neurotransmitter, supporting proper neurological and electrical activity in the brain and other tissues.(35-39)

### Cautions and interactions

Taurine has no contraindications at the suggested level of intake.

## Additional Support

### Adrenal Cortisol Support™ Co-Enzyme B-Complex, Magnesium, Melatonin, SAME

Adrenal Cortisol Support™ combines adaptogenic herbs with Chromium, Corosolic Acid and Relora® to help the body manage the negative effects of stress such as excess abdominal fat deposition, overeating, and low energy levels.(56-65)

CoEnzyme B Complex Vitamins are needed by the body for energy production, synthesis of hormones and blood cells, healthy nervous system function, and numerous other metabolic processes.(45-46)

Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, and nerve impulse transmission, and bone mineralization.(54-55)

The hormone Melatonin is secreted by the pineal gland and regulates sleep and the daily biorhythm. Stress, time zone changes and night time work all disturb melatonin metabolism.(47-51)

Because SAME is necessary for the synthesis of neurotransmitters, it plays an important role in the maintenance of a positive mood. (52-53)

References available at [www.protocolforlife.com](http://www.protocolforlife.com)

**Ultra Omega-3** \_\_\_\_\_ **X** \_\_\_\_\_  
(Suggested: 4 softgels or 1 tsp. Liquid Omega-3 daily)

**5-HTP 200 mg + Tyrosine** \_\_\_\_\_ **X** \_\_\_\_\_  
(Suggested: 1-2 daily)

**Taurine 1000 mg** \_\_\_\_\_ **X** \_\_\_\_\_  
(Suggested: 1-2 daily)

### Additional Support Products:

**Adrenal Cortisol Support™** \_\_\_\_\_ **X** \_\_\_\_\_  
(Suggested: 1 three times daily)

**CoEnzyme B Complex** \_\_\_\_\_ **X** \_\_\_\_\_  
(Suggested: 1-2 daily)

**Magnesium** \_\_\_\_\_ **X** \_\_\_\_\_  
(Suggested: 400-500 mg daily, esp. at bedtime)

**Melatonin** \_\_\_\_\_ **X** \_\_\_\_\_  
(Suggested: 1 daily, at bedtime)

**SAME 200 mg** \_\_\_\_\_ **X** \_\_\_\_\_  
(Suggested: 1 twice daily)

Please note the instructions, cautions and interactions on each product package, and begin each new product separately, in turn. Use only under the supervision of a qualified health practitioner.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.