



Stress, Anxiety & Mood Support

Natural solutions to relieve, restore and re-build mental wellbeing.





25% of Australian adults report high levels of anxiety and/or depression,² with 14.3% of New Zealand adults experiencing depression and 6.1%, anxiety disorders.³



4.3 million Australians received mental health related prescriptions in 2018-19 with a \$9.9 billion spend on Australian mental health services in 2017-18.⁴

46.1% have a diagnosis of depression or anxiety, as confirmed by a 2018 study of females.⁵

How is Stress Affecting Your Patients?

Exposure to acute and chronic stress is an inevitable part of modern life, with Healthcare Practitioners (HCPs) well placed to improve their patients' resilience and ability to cope. In fact, stress and mood disorders are the most prevalent conditions HCPs see in clinic,¹ with patients experiencing diverse physical, psychological and behavioural responses to stress. Patients may present with positive coping and adaptation abilities through to impaired resilience and negative symptoms, with some chronic states culminating in anxiety and/or depression. Mental health data confirms stress and mood disorders are on the rise:

Understanding the Science of Stress and its Relationship to Neuroplasticity

Ongoing stress can affect the structure and function of different areas of the brain, as it is designed to reshape and rewire itself in response to different experiences, thoughts and emotions. These neuroplastic responses can have both positive and negative impacts on the brain, for example:

- The hippocampus (involved in memory, learning and emotion) can shrink in size due to retracted dendrites of the neurons and synaptic aberrations, exacerbating emotional responses such as sadness or worry.^{6,7,8}
- Neuroplastic remodelling has been shown in regions involved in anxiety and mood states, such as the amygdala (involved in fear and worry) and pre-frontal cortex.^{9,10,11}
- Low levels of brain derived neurotrophic factor (BDNF) have been found in mood and stress disorders.¹² BDNF is involved in memory and cognition and exerts protective activity against the effects of stress.¹³

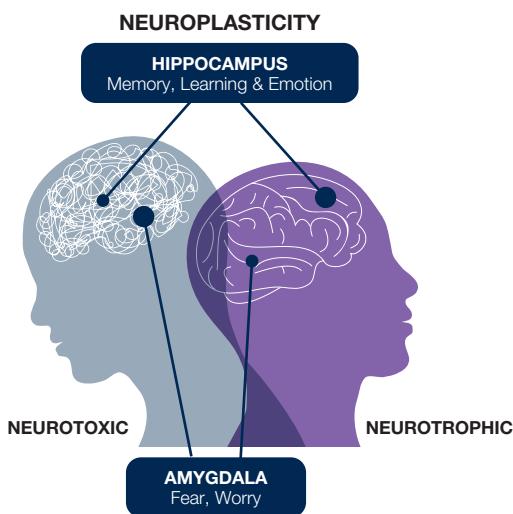


Figure 1: Positive and Negative Effects of Stress on the Brain.

Stress responses can disrupt neurotransmitter and hormonal activity while also driving hypothalamic-pituitary (HPA) axis dysfunction, influencing neuroplastic outcomes.¹⁴ For example, during chronic or prolonged stress states the HPA axis mediates cortisol release which, in excess amounts, has a propensity to concentrate in the hippocampus, exerting neurotoxic and maladaptive effects in the brain.^{15,16,17,18} This can impact on the cellular energy required for effective neuroplasticity and inflammatory responses known to induce proinflammatory cytokines.^{19,20,21,22,23}

Natural Solutions to Relieve, Restore and Rebuild Mental Wellbeing

By ensuring adequate protective (i.e. neurotrophic) factors, using targeted herbs, nutrition and lifestyle tools, we can offset maladaptive brain plasticity and promote beneficial plasticity (i.e. neurogenesis).

Metagenics offers a comprehensive range of effective natural solutions and clinical strategies, backed by science, focusing on three core areas to achieve mental and physical balance and wellbeing.

1. Relieve the frequency, intensity and duration of symptoms of stress, anxiety and mood issues with tailored herbal blends designed to minimise neuroinflammation and support healthy brain function for enhanced mental clarity and peace of mind.

2. Restore a healthy stress response using core nutrients including condition-specific magnesium combinations and B vitamins for improved stress resilience, mood, sleep, and energy production.

Our stress response system is also influenced by the gut microbiome, via two-way communications along the 'gut-brain axis'. Supporting the gut microbiome with strain-specific probiotics are also shown to help **restore** stress resilience and support mental health.

3. Rebuild resilience by addressing drivers and lifestyle factors including diet, social support, therapy, movement, sleep hygiene and some device-based technologies.

Clinically Effective Solutions for Stress, Anxiety and Mood

The Patient Picture:



Anxious & Tense



Panicky & Low Mood



Anxious & Poor Sleep



Wired & Tired



Flat & Exhausted



Low mood & apathetic



Low Mood & Lethargic

RELIEVE



NeuroCalm®



NeuroCalm® Soothe



NeuroCalm® Sleep



Adaptan



AdrenoTone®



Infla-Mood



NeuroLift

RESTORE



MetaRelax™



SleepX



EnergyX

REBUILD



Emotional Support

- Social support
- Meaning and purpose
- Therapy



Lifestyle Changes

- Movement
- Mindfulness
- Sleep hygiene
- Nutrition



HPA Essentials



UltraFlora NeuroSupport Probiotics



Adaptan

Helps the Body Cope with Environmental Stress and Reduce Excess Nervous Energy.



AdrenoTone®

Reduce Physical and Mental Fatigue caused by Stress and Support Adrenal Gland Health.

Contents: 60 tablets (15 days) and 120 tablets (30 days)

Order Code: APT (60 tablets) and APT120 (120 tablets)

Storage: Store below 30°C

Herbs in Adaptan have been clinically shown to or traditionally used for:

- Patients feeling wired (anxious) and tired.^{1,2}
- Nourish the adrenals during times of stress.³
- Support healthy pituitary and adrenal function to support resistance to environmental stress.⁴

Each tablet contains:

Dry herbal extracts:

Rehmannia glutinosa (Rehmannia), root	250mg
Derived from dry root	2.5g
Panax quinquefolius (American ginseng), root	150mg
Derived from dry root	1.5g
Avena sativa (Wild oats), herb	100mg
Derived from dry herb	1g
Lavandula angustifolia (Lavender), herb	250mg
Derived from dry herb	1g

Directions for use:

Adults: Take 2 tablets twice daily with food.

Clinical Benefits:

Traditionally, rehmannia has been used for nervous tension due to ongoing stress and anxiety. Mechanisms for this may include supporting adrenal cortex activity, promoting hypothalamic-pituitary-adrenal (HPA) axis function and the release of steroid hormones.⁵ Adaptan is a non-stimulating formula with traditional herbs that have been used for low stress tolerance to help support the Hypothalamic-pituitary-adrenal (HPA) axis and resistance to stressors.^{6,7,8} It combines herbs used for both restlessness and exhaustion.^{9,10}

The anxiolytic effects of Panax quinquefolius may be caused by an interaction with GABA_A receptors as suggested by animal studies.¹¹ *In vitro* studies show that ginsenosides may also modulate nerve transmission by decreasing the availability of neurotransmitters. It has been demonstrated that ginseng extracts inhibit the uptake of GABA_A, glutamate, dopamine, noradrenalin, and serotonin in the brain.¹²

Free from animal products, dairy protein, lactose, eggs, wheat, nuts, yeast and soy protein. Free from artificial colours, sweeteners, flavours and preservatives.

Contains gluten from Avena sativa (Wild oats).

Contents: 60 tablets (20 days) and 120 tablets (40 days)

Order Code: HYAD (60 tablets) and HYAD120 (120 tablets)

Storage: Store below 30°C

Herbs in AdrenoTone® have been clinically shown to or traditionally used to:

- Support patients feeling flat and exhausted.¹
- Reduce stress-induced physical and mental fatigue.²
- Support adrenal and nervous exhaustion.^{3,4}

Each tablet contains:

Tyrosine	500mg
Dry herbal extracts:	
Withania somnifera (Winter cherry), root	152mg
Derived from dry root	3.8g
Eleutherococcus senticosus (Siberian ginseng), root	100mg
Derived from dry root	2.8g
Rhodiola rosea (Golden root), root	102mg
Derived from dry root	1g
Glycyrrhiza glabra (Licorice), root	67mg
Derived from dry root	1g
Panax ginseng (Korean ginseng), root	63mg
Derived from dry root	281mg

Directions for use:

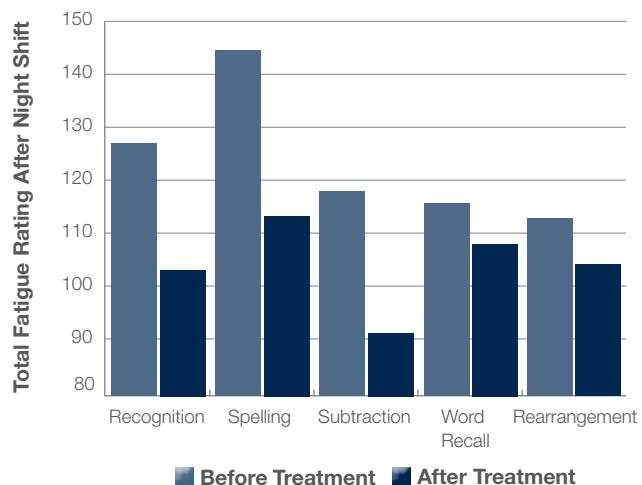
Adults: Take 1 tablet three times daily with food.

Clinical Benefits:

Withania has been shown to reduce plasma cortisol levels via its effects on the adrenal glands, potentially protecting against the negative effects of elevated cortisol levels in chronic stress.⁵

Siberian ginseng assists in the management of stress by altering the levels of hormones involved in the stress response and HPA axis.⁶ As a result, catecholamine levels are preserved and the release of excess catecholamines is reduced.⁷

Rhodiola has been shown to improve mental performance in physically stressed and fatigued individuals.⁸ A double blind, cross-over study examined the effects of rhodiola on fatigue during night shift.⁹ The study observed levels of mental fatigue, involving complex perceptive and cognitive cerebral functions.¹⁰ Significant improvements were noted in all treatment groups within just two weeks (Figure 1).^{11,12}



Darbinyan V, Kteyan A, Panossian A, Gabriellian E, Wikman G and Wagner H. Rhodiola rosea in stressed induced fatigue. *Phytomedicine* 2000; 7(5): 365-371.

Figure 1: Rhodiola Has Been Shown to Reduce Stress Induced Fatigue.¹³

Free from dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, flavours and preservatives.



Calm Care for Kids

Beneficial During Times of Stress, to Relieve Mild Anxiety Symptoms and Sleeplessness.

Contents: 120 g oral powder (34 doses) Banana flavour

Order Code: CAFK

Storage: Store below 30°C

- To assist sleeplessness and healthy sleeping patterns.¹
- Tiered dose for insomnia and mild anxiety as used in traditional Western herbal medicine.²
- Great tasting Banana flavour to mix with milk or juice.

Each dose (3.5 g) contains:

Magnesium glycinate dihydrate (Meta Mag® - Magnesium bisglycinate)	600mg
Equivalent Magnesium	60mg
Alpha casozepine enriched hydrolysed milk protein (LactiumPURE™)	100mg
Dry herbal extracts:	
Passiflora incarnata, herb dry (Passion flower), herb	182mg
Derived from dry herb	1g
Matricaria chamomilla, flower dry (German chamomile)	125mg
Derived from dry flower	750mg

Directions for use:

Children 1 to 4 years: Mix ½ metric teaspoon (1.75g) into 50mL of milk or juice.

Children 5 to 12 years: Mix 1 metric teaspoon (3.5g) into 100mL of milk or juice.

For symptoms of stress: Take once daily.

For sleep: Take once in the afternoon and a second dose before bed. Use soy, rice, oat, almond or cow's milk.

Clinical Benefits:

To assist in sleeplessness: Passion flower has been used for the relief of insomnia in traditional Western herbal medicine, by assisting restlessness and the inability to fall asleep.¹ Chamomile has also been used as a sleep aid in traditional Western herbal medicine.³ In an animal study, chamomile helped to reduce sleep latency.⁴

Significant reduction in anxiety: Passion flower and chamomile may assist in the relief of nervousness, restlessness and irritability in children.^{1,2} Animal studies suggest the anxiolytic effect of Alpha-casozepine enriched hydrolysed milk protein may be due to modulation of the GABAergic system.⁵

Free from eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours and flavours. Derived from cow's milk. Contains lactose. Contains sugars (as fructose) and milk products.

Meta Mag® is a registered trademark of Balchem Corp.



EnergyX

Magnesium Combination with Active B Vitamins to Support Energy Production.

Contents: 200g (10 days) and 400g (21 days) oral powder

Order Code: Tropical: EGYXT (200g) and EGYXTL (400g)

Chocolate: EGYX (200g) and EGYX400 (400g)

Storage: Store below 30°C

- Energy support for fatigue and lethargy.^{1,2}
- Support healthy thyroid hormones.³
- 200 mg magnesium from Meta Mag® plus Acetyl-L-Carnitine for cellular energy.⁴

Each dose (9.5 g) contains:

Magnesium glycinate dihydrate (Meta Mag® - Magnesium bisglycinate)	2g
Equivalent Magnesium	200mg
Acetyl levocarnitine hydrochloride (Acetyl-L-Carnitine)	1.2g
Tyrosine	1g
Calcium hydrogen phosphate dihydrate Equivalent Calcium	2.1mg 500mg
Ascorbic acid (Vitamin C)	500mg
Dibasic sodium phosphate Equivalent Sodium	250mg 81mg
Thiamine hydrochloride (Vitamin B1)	25mg
Riboflavin sodium phosphate (Vitamin B2) Equivalent Riboflavin	25mg 18mg
Nicotinamide (Vitamin B3)	25mg
Calcium pantothenate (Vitamin B5)	50mg
Zinc amino acid chelate (Meta Zn® - Zinc bisglycinate) Equivalent Zinc	50mg 10mg
Borax (Sodium borate) Equivalent Boron	13mg 1.5mg
Potassium iodide Equivalent Iodine	98 micrograms 75 micrograms
Mecobalamin (Co-methylcobalamin) (Vitamin B12)	200 micrograms
Selenomethionine Equivalent Selenium	62.5 micrograms 25 micrograms

Directions for use:

Adults only: Add 2 level scoops (9.5 g) to 200 mL of water twice daily.

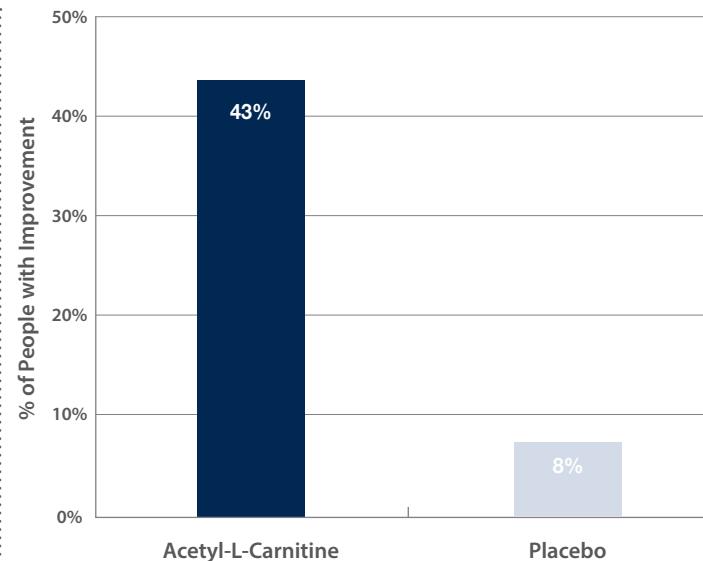
Clinical Benefits:

Acetyl-L-Carnitine (ALC) is involved in the production of cellular energy in the mitochondria.⁵ Magnesium from Meta Mag® provides support for fatigue and lethargy.⁶ A placebo-controlled, blind study showed that 2 g of ALC daily helped to improve mental fatigue, therefore assisting healthy cognitive function in older people (Figure 1).⁷ ALC's affinity for mental fatigue has been demonstrated in a clinical study comparing different forms of carnitine against symptoms and serum levels of carnitine. It showed that ALC serum levels correlated with changes in mental fatigue as contrasted with other forms of carnitine which only assisted general fatigue.⁸

Thyroid hormone requires iodine, selenium and zinc for synthesis

and activation. Peripheral conversion of thyroxine (T4) into the more physiologically active tri-iodothyronine (T3) is dependent on tyrosine and iodine.^{3,9,10}

Tyrosine is used in the biosynthesis of catecholamine neurotransmitters such as dopamine, noradrenaline and adrenaline.¹¹ A double-blind randomised trial using 2 g of tyrosine per day in army cadets suggested that supplementation with tyrosine may modulate the effects of stress and fatigue



Malaguarnera M, Gargante MP et al. Acetyl L-carnitine (ALC) treatment in elderly patients with fatigue. Arch Gerontol Geriatr 2008; 46(2):181-90.

Figure 1: Acetyl-L-Carnitine Improves Mental Fatigue.

on cognitive task performance.¹²

Chocolate flavour: Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, sweeteners and flavours. Contains steviol glycosides.

Tropical flavour: Free from dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, sweeteners and flavours. Contains steviol glycosides.

Meta Mag® is a registered trademark of Balchem Corp.



Hemagenics Iron Advanced

High Strength Iron for Fatigue.



Hemagenics Iron Maintain

Iron, Specialised Probiotic & Vitamin C to Support Dietary Iron Absorption.

Contents: 30 capsules (VegeCaps) (30 days)

Order Code: HIA

Storage: Store below 30°C

- Assists normal red blood cell production¹
- Provides active B12, 5-MTHF and 24 mg of highly bioavailable iron bisglycinate (Meta Fe[®]).
- Vegetable capsule suitable for vegetarians and vegans. Also suitable for pregnancy.

Each capsule contains:

Iron amino acid chelate (Meta Fe [®] – Iron bisglycinate)	120mg
Equivalent Iron	24mg
Calcium ascorbate dihydrate	100mg
Equivalent Ascorbic acid	80mg
Mecobalamin (Co-methylcobalamin)	500micrograms
Pyridoxine hydrochloride (Vitamin B6)	5.0mg
Levomefolate calcium	216 micrograms
Equivalent Levomefolic acid (5-Methyltetrahydrofolate)	200 micrograms

Directions for use:

Adults: Take 1 capsule daily with food.

Clinical Benefits:

Ideal for vegetarians and vegans: Vegetarians and vegans may require additional iron due to their dietary choices. Hemagenics Iron Advanced is formulated with a vegetable capsule to help meet the needs of vegetarian and vegan clients with a highly bioavailable form of iron.⁶ Iron bisglycinate (Meta Fe[®]) has been shown to remain intact for absorption despite changes in acidity and the presence of food ligands such as phytates in the gut.⁷

Highly absorbable form of iron: Iron bisglycinate (Meta Fe[®]) is covalently bound to two molecules of the smallest amino acid (glycine), allowing absorption through the gut mucosa via the efficient amino acid uptake pathways. Owing to iron bisglycinate's (Meta Fe[®]) facilitated absorption through the gut mucosa, there is no dissociation in the digestive tract, minimising the side effects common amongst other forms of iron.²

Normal red blood cell production: Adequate intake of iron, vitamin B12, and vitamin B6 are required for normal red blood cell production. Hemagenics Iron Advanced offers a comprehensive formula supplying high potency active vitamin B12 and 5-MTHF.

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives.

Contents: 60 capsules (VegeCaps) (60 days)

Order Code: HIM

Storage: Store below 25°C. Shelf stable.

- Support dietary iron absorption through the clinically researched combination of a specialised probiotic strain and nutrients.
- Convenient daily iron supplementation to maintain normal iron levels without unwanted gastrointestinal side effects.
- Reduce fatigue and maintain energy levels.

Each capsule contains:

Ferrous fumarate	38mg
Equivalent Iron	12.5mg
<i>Lactobacillus plantarum</i> 299v	10 billion CFU (organisms)
Ascorbic acid (Vitamin C)	80mg

Directions for use:

Adults: Take 1 capsule daily.

Clinical Benefits:

Hemagenics Iron Maintain provides a novel approach to long-term iron supplementation, to assist with low energy and absorption of haem and non-haem iron without disrupting gastrointestinal (GI) health.

Nearly two in five Australian women (15 – 50 years) do not consume enough dietary iron, while over 50% of females who use iron supplements, do so for energy or low dietary intake.^{1,2} Increases in veganism, vegetarianism and flexitarianism have seen a subsequent shift in healthy iron status. While plant-based foods are rich in non-haem iron, it is harder to absorb than haem iron as sources often contain compounds such as polyphenols, oxalates and other minerals that impede absorption and utilisation.³ Hemagenics Iron Maintain combines *Lactobacillus plantarum* 299v, with microencapsulated iron and vitamin C, to improve iron absorption, reduce dosing requirements and prevent GI side effects.^{5,6}

Clinical trials of 299v combined with ferrous fumarate and vitamin C show improved absorption of iron ranging between 23% to 50%.^{7,8,9}

Studies in females of reproductive age show that when 299v is combined with microencapsulated iron, dietary and supplemental absorption increases by 23% compared to iron without 299v.¹⁰ Further research in 20 to 40 year old females found that the combination of 299v with iron and vitamin C, increased iron absorption by 50%.¹¹ A randomised double-blind controlled trial in females with iron deficiency (in the absence of anaemia) found increased absorption of non-haem iron was significantly higher when consuming 299v fortified food, compared to non-fortified foods.¹²

299v and vitamin C assists iron absorption and prevents iron loss in the following ways:

- 299v adheres to mucin in the intestines, increasing secretory mucin which helps bind iron, assisting absorption and preventing iron from being passed through the GI tract. Iron transporters are also concentrated in mucin vesicles.¹³
- 299v helps produce organic acids (i.e. lactic acid), lowering local pH and converting iron into soluble complexes for improved absorption.¹⁴
- 299v activates phytases (due to increased lactic acid) in foods to hydrolyse phytates, reducing ability to bind to iron.¹⁵ Vitamin C further assists absorption of non-haem iron, while also counteracting the inhibitory effects of phytates and polyphenols on iron.¹⁶
- 299v supports a healthy GI environment through anti-inflammatory effects, maintaining both intestinal integrity and bowel regularity, while also exerting anti-pathogenic activity, and increasing short chain fatty acid production.^{17,18,19}

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, flavours and preservatives.

probi[®]



HPA Essentials

For Healthy Stress Response and Neuroendocrine Function.

Contents: 60 tablets (30 days)

Order Code: HPA

Storage: Store below 30°C

- High dose vitamin B5 helps healthy neuroendocrine function in combination with vitamin C for adrenal health.^{1,2,3}
- Assists metabolism and synthesis of some neurotransmitters.⁴
- Restore a healthy stress response and assist with energy levels.

Each tablet contains:

Calcium ascorbate dihydrate	545mg
Equivalent Ascorbic acid (Vitamin C)	450mg
Calcium pantothenate (Vitamin B5)	300mg
Citrus bioflavonoids extract	50mg
Thiamine hydrochloride (Vitamin B1)	50mg
Nicotinamide (Vitamin B3)	50mg
Pyridoxal 5-phosphate monohydrate (Vitamin B6)	50mg
Riboflavin sodium phosphate (Vitamin B2)	20mg
Biotin	500 micrograms
Levomefolate calcium	217 micrograms
Equivalent Levomefolic acid (5-Methyltetrahydrofolate)	200 micrograms
Mecobalamin (Co-methylcobalamin) (Vitamin B12)	200 micrograms

Directions for use:

Adults: Take 1 tablet twice daily with food.

Clinical Benefits:

Improves the adrenal gland rhythm.⁴ A researched trial of 52 people demonstrated a daily combination of vitamins B1 and B6, and 900 mg ascorbic acid, improved glucocorticoid function of the adrenal glands, and simultaneously normalised the rhythmic activity of the gland.⁵

Vitamins B1 and B12 help protect from HPA dysfunction and regulate the cortisol clock. Vitamin B1 has been shown to reduce cortisol activity in times of stress, thereby protecting the body against excessive cortisol.⁸ Although mecobalamin, the active form of vitamin B12, doesn't increase levels of cortisol in the blood, evidence suggests it helps shift the cortisol secretion peak, helping place the cortisol clock back on schedule.⁸

B vitamins needed for neurotransmitter synthesis. Vitamin B6 is important due to its function as a coenzyme in the biosynthesis of neurotransmitters GABA, noradrenaline, dopamine and serotonin.⁶ Pyridoxal 5-phosphate, (P5P), is the biologically active form of B6.⁷ Vitamin B5 is involved in the synthesis of melatonin from serotonin due to its progression to Coenzyme A (CoA), which donates its acetyl group to serotonin to convert to melatonin, which has been shown to have a favourable effect on certain dysphoric mental states such as restlessness, anxiety and depression.^{6,8} Vitamin B5 deficiency is specifically related to decreased adrenal function and biotin deficiency has been shown to contribute to adrenal insufficiency.⁹

Free from animal products, corn, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein, starches and salt. Free from artificial colours, flavours and preservatives.



Infla-Mood

BCM-95™ Turmeric, with Saffron for Healthy Mood Balance.

Contents: 60 capsules (VegeCaps) (30 days)

Order Code: IFMD

Storage: Store below 30°C

- Supports healthy mood balance.¹
- Neuroprotective activity² and may modulate neurotransmitters.^{3,4}
- Contains researched strength saffron and high dose BCM-95™ Turmeric.
- BCM-95™ is an enhanced absorption turmeric extract providing volatile oils and the full spectrum of curcuminoids.

Each capsule contains:

Dry herbal extracts:

<i>Curcuma longa</i> (BCM-95™ Turmeric), rhizome	500mg
Derived from dry rhizome	12.5g
<i>Equivalent Curcumin</i>	350mg
<i>Crocus sativus</i> (Saffron), stigma	15mg
Derived from dry stigma	45mg

Directions for use:

Adults and children over 12 years: Take 1 capsule twice daily with food.

Clinical Benefits:

Extensively clinically trialled ingredients shown to be as effective as, and able to be used alongside, pharmaceutical SSRIs without negative effects.^{2,3,4,5}

Three clinical trials on BCM-95™ Turmeric and five on saffron show these ingredients, at doses found in Infla-Mood, to be as effective as pharmaceuticals in supporting healthy mood. In a randomised, double-blind, placebo-controlled trial 60 patients with low mood were treated with 25 g BCM-95™ Turmeric per day or a pharmaceutical selective serotonin reuptake inhibitor (SSRI) for six weeks. BCM-95™ Turmeric was found to be as effective as the SSRI for supporting healthy mood.³ Similarly, in a randomised, double-blind, placebo-controlled study of 30 patients with low mood, 90 mg saffron per day was shown to be as effective as a pharmaceutical tricyclic antidepressant (TCA) in supporting healthy mood.⁴

Inflammation up-regulates enzymes and pathways involved in mood.

An animal study has shown that activation of inflammatory pathways via nuclear factor - kB (NF-κB) and mitogen activated protein kinases (MAPk) has been implicated in the pathophysiology of low mood. NF-κB leads to increased release of interferon- α and other cytokines, which eventually lead to dysregulation of the HPA axis, impaired metabolism of monoamine neurotransmitters (i.e. serotonin, dopamine and noradrenaline) and reduced neuronal plasticity.⁷

Curcumin and saffron address multiple contributors to low mood.

Curcumin has shown, in animal studies, to increase neurogenesis, potentially via modulation of the hypothalamic-pituitary-adrenal (HPA) axis and by increasing brain derived neurotrophic factor (BDNF) production in the brain⁷.

Curcumin also:

- Is a potent antioxidant;
- Modulates inflammation;
- Provides significant neuroprotection;
- Influences monoamine transmission through its effect on serotonergic and dopaminergic activity.¹

Saffron is suggested, in animal studies, to support healthy mood by:

- Maximising natural levels of monoamines in the brain;
- Reducing glutamate activity in the brain via N-methyl-D-aspartate (NMDA) receptor antagonism;
- Enhancing neurogenesis via improved BDNF signalling.⁸

Free from animal products, corn, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives.



Meta B Complex

High Potency B Vitamin Complex, Mineral, Antioxidant and Amino Acid Formula.

Contents: 50 tablets (50 days)

Order Code: MBC

Storage: Store below 25°C

- To maintain a healthy stress response.^{1,2}
- Maintain healthy energy levels.¹
- High potency B complex with antioxidants, minerals and amino acids.

Each tablet contains:

Nicotinamide (Vitamin B3)	220mg
Calcium pantothenate (Vitamin B5)	105mg
Taurine	125mg
Glutamine	100mg
Ascorbic acid (Vitamin C)	75mg
Thiamine hydrochloride (Vitamin B1)	56mg
Dibasic potassium phosphate	50mg
Equivalent Potassium	22mg
Choline bitartrate	50mg
Lecithin	50mg
Lysine hydrochloride	50mg
Pyridoxine hydrochloride (Vitamin B6)	50mg
Potassium aspartate monohydrate	50mg
Equivalent Potassium	10mg
Iron amino acid chelate (Meta Fe® - Iron bisglycinate)	50mg
Equivalent Iron	10mg
Calcium hydrogen phosphate dihydrate	49mg
Equivalent Calcium	12mg
Magnesium citrate	44mg
Equivalent Magnesium	7.0mg
Zinc sulfate monohydrate	42mg
Equivalent Zinc	15mg
Riboflavin (Vitamin B2)	30mg
Mixed (high-alpha type)	
Tocopherols concentrate	15mg
Equivalent d-alpha-Tocopherol (Vitamin E)	2.5mg
Borax	4.4mg
Equivalent Boron	500 micrograms
Chromium nicotinate	500 micrograms
Equivalent Chromium	50 micrograms
Cyanocobalamin (Vitamin B12)	400 micrograms
Folic acid	395 micrograms
Selenomethionine	63 micrograms
Equivalent Selenium	25 micrograms
Manganese sulfate monohydrate	55 micrograms
Equivalent Manganese	18 micrograms
Biotin	50 micrograms
Potassium iodide	46 micrograms
Equivalent Iodine	35 micrograms
Copper gluconate	43 micrograms
Equivalent Copper	6 micrograms
Colecalciferol (Vitamin D3)	1 microgram (40 IU)
Soft extract:	
<i>Dunaliella salina</i> , cell	67mg
Derived from min. fresh cell	125mg
Std. to Carotenoids calculated as betacarotene	5.0mg

Directions for use:

Adults: Take 1 tablet daily with food.

Clinical Benefits:

To maintain a healthy stress response: Meta B Complex provides high potency B vitamins that are essential for the healthy functioning of the adrenal cortex and for supporting the body's response during times of stress. Vitamin B6 and B12 in particular maintain healthy stress levels via interactions with gamma-amino butyric acid (GABA) and serotonin.²

To assist energy levels: B vitamin derived enzymes are essential within the Krebs cycle to facilitate the production of ATP.³ The combination of B vitamins, vitamin C and zinc assist brain functions such as memory and concentration.^{4,5}

Provides antioxidants: Tocopherols, selenium, vitamin C and mixed carotenoids provide additional antioxidant support by inhibiting free radical activity.⁶

Free from dairy protein, lactose, eggs, gluten, wheat, nuts and yeast. Free from artificial colours, flavours and preservatives.

Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible. [Contains vitamin B6].



MetaFocus with Brahmi

Assists Cognitive Function, Memory and the Nervous System.
Formerly Brahmi Tone.

Contents: 60 tablets (30 days)

Order Code: MF60

Storage: Store below 30°C

- Improve cognitive function.¹
- Improve memory and learning in adults.
- A daily dose of 110 mg of L-theanine from green tea.³

Each tablet contains:

Tyrosine	500mg
Dry herbal extracts:	
<i>Camellia sinensis</i> (Green tea), leaf	125mg
Derived from dry leaf	10g
<i>Bacopa monnieri</i> (BacoMind™ Brahmi), whole plant	75mg
Derived from dry whole plant	1.5g
<i>Ginkgo biloba</i> (Ginkgo biloba), leaf	30mg
Derived from dry leaf	1.5g
<i>Withania somnifera</i> (Withania), root	30mg
Derived from dry root	750mg

Directions for use (Adults only):

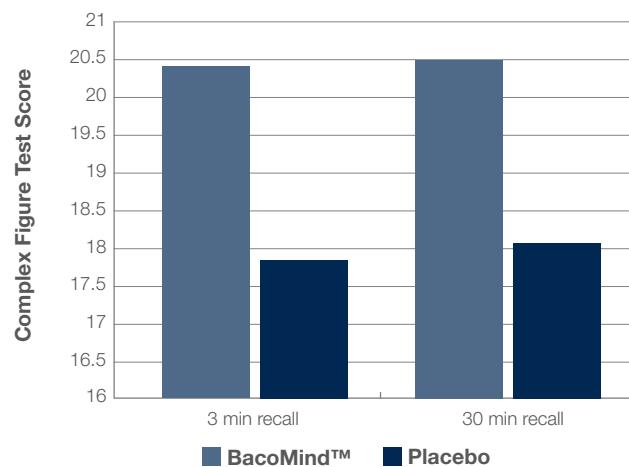
For nervous system support: Take 1 tablet twice daily.

For improving memory and cognitive performance: Take two tablets twice daily.

Clinical Benefits:

Increases in brain dopamine, serotonin and GABA levels from consumption of green tea, high in L-theanine, have been observed in animal studies.⁴ They have also shown an association between oxidative stress and impairments in cognition, learning and memory.⁵ The antioxidant, green tea, may help defend against free radical damage.⁶

BacoMind™ Brahmi has been clinically trialled in adults over 55 (Figure 1) and in teenagers up to the age of 18.⁸ Bacosides from brahmi also display antioxidant activity in the brain and have been shown to improve cognitive function and memory in animal studies.⁹ According to an *in vitro* study, these cognitive effects of brahmi may be related to its modulatory effects on the cholinergic system including acetylcholine release, choline acetylase activity, and muscarinic cholinergic receptor binding.¹⁰



Morgan A, Stevens J. Does Bacopa monnieri improve memory performance in older persons? Results of a randomized, placebo-controlled, double-blind trial. *J Altern Complement Med*, 2010; 16(7):753-9.

Figure 1: BacoMind™ May Improve Memory Recall in Adults.

Free from dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt.
Free from artificial colours, flavours and preservatives.
Contains 3.75 mg of caffeine per tablet.



MetaRelax™

Formerly CalmX with Magnesium Glycinate for a Healthy Stress Response.

Contents: 241 g (9.5 days) and 482 g (19 days) oral powder

Order Code: Raspberry: MRR241 (241g), MRR482 (482g)

Tropical: MRT241 (241g) and MRT482 (482g)

Storage: Store below 30°C

- Supports a healthy stress response.¹
- Assists metabolism and synthesis of some neurotransmitters including the calming neurotransmitter GABA.^{2,3}
- 350 mg Meta Mag® Magnesium for extra replenishment during times of stress.

Each dose (12.7 g) contains:

Magnesium glycinate dihydrate (Meta Mag® - Magnesium bisglycinate)	3.5g
Equivalent Magnesium	350mg
Taurine	3g
Glutamine	2g
Potassium citrate	275mg
Equivalent Potassium	100mg
Calcium ascorbate dihydrate	605mg
Equivalent Ascorbic acid (Vitamin C)	500mg
Calcium citrate tetrahydrate	711mg
Equivalent Calcium	150mg
Thiamine hydrochloride (Vitamin B1)	25mg
Riboflavin sodium phosphate	34mg
Equivalent Riboflavin (Vitamin B2)	25mg
Nicotinamide (Vitamin B3)	25mg
Calcium pantothenate (Vitamin B5)	25mg
Pyridoxal 5-phosphate monohydrate (Vitamin B6)	25mg
Zinc amino acid chelate (Meta Zn® - Zinc bisglycinate)	50mg
Equivalent Zinc	10mg

Directions for use:

Adults: Add 2 level scoops (12.7g) to 200mL of water, twice daily.

Clinical Benefits:

Provides 350 mg of highly bioavailable Meta Mag® Magnesium to be of benefit during times of stress. Magnesium, B vitamins, vitamin C and zinc are all nutrients required to be able to cope with stress effectively and may be depleted in chronic stress.⁴ The adrenergic effects of stress induce a shift of magnesium to the extracellular space, increasing urinary excretion and depleting body stores (Figure 1).⁵ Magnesium deficiency adversely affects excitatory neurotransmitters such as serotonin and acetylcholine, and is associated with stress.^{6,7}

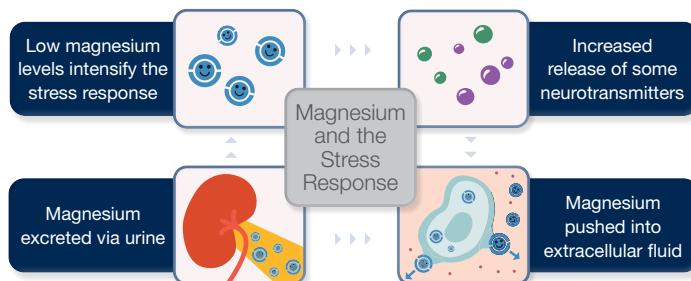


Figure 1: Magnesium and the Stress Response.

A double-blind, placebo-controlled trial using 6 g of taurine per day investigated its impact on stress symptoms and biochemistry. This study showed taurine to inhibit the stress-induced release of adrenaline.⁸ Magnesium, B vitamins, vitamin C and zinc are required to regulate the stress response as cofactors in neurotransmitter synthesis.⁴

Zinc is essential in modulating the stress response.⁹ Zinc levels have been found to be deficient in people with generalised anxiety disorder.¹⁰ Exposure to acute stress increases serum glycocorticoids and induces metallothionein synthesis which consequently decreases serum zinc.¹¹

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, sweeteners, flavours and preservatives (Raspberry flavour). Sweetened with steviol glycosides. Contains 100 mg of potassium per dose.

Meta Mag® is a registered trademark of Balchem Corp.

Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible. [Contains vitamin B6].



NeuroCalm®

For Stress, Nervous Tension and Mild Anxiety.

Contents: 30 tablets (10 days), 60 tablets (20 days), and 120 tablets (40 days)

Order Code: AD30 (30 tablets), AD (60 tablets) and AD120 (120 tablets)

Storage: Store below 30°C

- Patients feeling anxious and tense.¹
- Exerts anxiolytic effects during times of stress.^{2,3}
- Modulates GABA and neurotransmitter pathways.⁴

Each tablet contains:

Dry herbal extracts:

Ziziphus jujuba var spinosa (Zizyphus), seed	167mg
Derived from dry seed	3g
Pueraria lobata (Kudzu vine), root	80mg
Derived from dry root	2g
Magnolia officinalis (Magnolia), stem bark	300mg
Derived from dry stem bark	1.5g
Passiflora incarnata (Passionflower), herb	236mg
Derived from dry herb	1.3g

Directions for use:

Adults: Take 1 tablet three times daily.

Clinical Benefits:

Passionflower, in traditional Western medicine, is used for tension, anxiety, irritability and insomnia.⁵ A constituent that contributes to this effect is apigenin, which has been shown to bind to central benzodiazepine receptors causing anxiolytic effects without impairing cognition.⁶

Zizyphus and magnolia have been shown (in animal studies) to modulate neurotransmitter activity via receptor site binding.

Interactions have been demonstrated between these herbs and adenosine, dopamine, serotonin and GABA benzodiazepine receptors. Honokiol from magnolia has exhibited anxiolytic effects in animals via interaction with GABA_A receptors and without causing motor dysfunction or CNS suppression. Honokiol may also inhibit catecholamine secretion and enhance cholinergic function. It is via these modulating actions that ingredients in NeuroCalm® may encourage balance between the excitatory effects of glutamate and the calming effects of GABA (Figure 1).^{7,8}

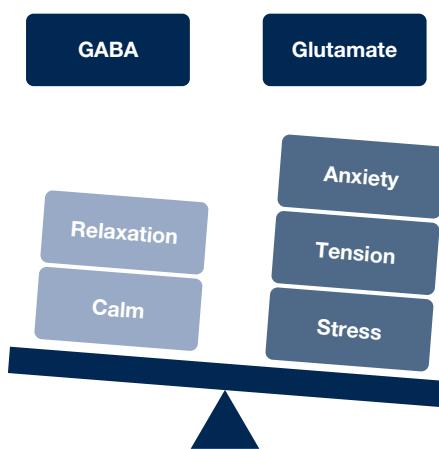


Figure 1: NeuroCalm® May Encourage Balance Between GABA and Glutamate.

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein and salt. Free from artificial colours, sweeteners, flavours and preservatives.



NeuroCalm® Sleep

Helps You Get to Sleep Faster and Stay Asleep Longer

Contents: 30 tablets (15 days) and 60 tablets (30 days)

Order Code: ADS (30 tablets) and ADS60 (60 tablets)

Storage: Store below 30°C

Ingredients in NeuroCalm® Sleep have been used:

- For sleeplessness - for a restful sleep, to get to sleep faster and stay asleep longer.^{1,2,3*}
- To relieve mild anxiety, tension and worry.^{4,5*}
- California poppy is non-habit forming.
- *In traditional Chinese and Western herbal medicine.

Each tablet contains:

Lavender oil	40mg
<i>Dry herbal extracts:</i>	
Ziziphus jujuba var. spinosa (Zizyphus), seed	278mg
Derived from dry seed	5g
Passiflora incarnata (Passion flower), herb	364mg
Derived from dry herb	2g
Eschscholzia californica (California poppy), herb flowering	125mg
Derived from dry herb flowering	750mg
Piscidia piscipula (Jamaica dogwood), stem bark	188mg
Derived from dry stem bark	750mg

Directions for use:

Adults:

For mild anxiety: Take 1 tablet twice daily with food.

For insomnia: Take 2 tablets once daily with your evening meal.

Clinical Benefits:

NeuroCalm® Sleep has sedative qualities which relieve sleeplessness and mild anxiety. California poppy has traditionally been used for its sedating effects, therefore contributing to a calm and restful sleep.⁶ Animal studies have suggested this sedative effect may be due to its ability to bind to GABA receptors and activate them.⁶ Lavender oil also acts via GABA receptors and provides additional calming effects by moderating production of stress hormones such as adrenocorticotrophic hormone (ACTH), which stimulates cortisol production.^{7,8} Passion flower has an anxiolytic effect by affecting GABA neurotransmitter pathways.⁹ Flavonoids from passion flower bind to the stress receptor sites of the GABA_A receptor.¹⁰ Zizyphus' calming effects come from its ability to increase the effect of GABA.¹¹ GABA is a calming neurotransmitter and its activity promotes sleepiness and relaxation.¹²

NeuroCalm® Sleep reduces effects of excitatory neurotransmitters.

Linalool from lavender oil inhibits acetylcholine release and glutamate binding in the cerebral cortex.¹³ Its ability to ease tension and promote a restful sleep come from this ability to alter excitatory neurotransmitters such as glutamate and noradrenaline.¹⁴ Zizyphus also reduces the neuroexcitatory effects of glutamate thus reducing wakefulness and alertness.^{15,16}

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, sweeteners, flavours and preservatives.



NeuroCalm® Soothe

To Relieve Symptoms of Mild Anxiety and Support Emotional Wellbeing.*

Contents: 30 capsules (VegeCaps) (15 to 30 days)

Order Code: NCSTH

Storage: Store below 30°C

- For patients feeling panicky*.
- To alleviate mild anxiety and soothe the nervous system.*
- Contains lavender oil with AquaCelle® to optimise absorption, as well as Theanine and lemon balm.

*In traditional Western herbal medicine.

Each capsule contains:

Lavender oil	80mg
Dry herbal extracts:	
<i>Melissa officinalis</i> (Lemon balm), leaf	120mg
Derived from dry leaf	6g
<i>Camellia sinensis</i> (Green tea), leaf	250mg
Derived from min. dry leaf	40g
Std. to Theanine	100mg

Directions for use:

Adults:

To calm the mind and support emotional wellbeing: Take one capsule daily with food.

In times of acute, mild anxiety: Take two capsules once daily with food.

One in five Australian women report having both anxiety and depression.¹ The symptoms of mild anxiety include finding it hard to stop worrying, irritability, restlessness, feeling tired easily, feeling panicky, nervous tension and difficulty concentrating.²

Clinical Benefits:

Lavender and lemon balm are shown to be as effective as pharmaceuticals in reducing anxiety. A 2020 clinical trial involving 45 patients with low mood showed that the administration of lavender and lemon balm over 8 weeks were both equally as effective as a selective serotonin reuptake inhibitor (SSRI) in reducing feelings of anxiety, sexual dysfunction and decreased appetite.³ In further research, administration of 160 mg of lavender oil daily was superior in lowering the Hamilton Anxiety Rating Scale (HAMA) scores in comparison to placebo⁴ whereas 80 mg of lavender oil was observed to be as effective as an SSRI.

Neural communication through action potentials and neurotransmitter signalling plays a significant role in anxiety and low mood. Increased glutamate and/or reduced GABA activity and an increased influx through the voltage gated calcium channels can lead to neuronal excitation in mild anxiety.^{5,6} Lemon balm reduces neuronal excitation by helping to inhibit the degradation of GABA.⁷ Lavender oil's anxiolytic and mood enhancing activity may be due to the modulation of serotonin and dopamine, as well as endocannabinoid activity and modulation of voltage gated calcium channels.⁸

Helps to regulate autonomic and HPA axis overactivity, reducing physical symptoms of anxiety. 200 mg of theanine may address the sympathetic nervous system response to stress such as regulating heart rate variability, as well as modulating the cortisol response.⁹ Lemon balm has been shown to reduce heart palpitations.¹⁰

Supports neuronal resilience to stress. Uncontrollable and prolonged stress reduces neurogenesis in the hippocampus, associated with a depletion of brain derived neurotropic factor (BDNF), linked to low mood, anxiety and a dysfunctional stress response. Lavender oil may help to improve neuroplasticity¹¹ and lemon balm and theanine may help to modulate BDNF and neurogenesis.^{12,13}

200 mg of theanine increases α-brain wave activity¹⁴, inducing mental relaxation as well as improving reaction time amongst anxiety subjects with mild anxiety compared to placebo.¹⁵

NeuroCalm® Soothe contains a low caffeine green tea extract, and AquaCelle®, a self-emulsifying delivery system to improve the absorption of lipophilic ingredients.

	NeuroCalm®	NeuroCalm® Soothe	NeuroCalm® Sleep
Patient presentation	Anxious and tense	Panicky and low mood	Anxious and poor sleep
Modulates calming effects of GABA	✓	✓	✓
Lessen excitatory effects of glutamate	✓	✓	✓
Supports neuroplasticity, neurogenesis and mood balance		✓	
Supports α-brain wave activity, for mental relaxation		✓	
Sedative and hypnotic			✓

Table 1: The NeuroCalm® Range for Anxious States.

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, sweeteners or preservatives.

AquaCelle® is a registered trademark of Pharmako Biotechnologies Pty Ltd.



NeuroLift

To Support Normal Healthy Mood, Stress Adaptation and Thyroid Hormone Production.

Contents: 60 tablets (30 days)

Order Code: NLFT

Storage: Store below 30°C

- Supports normal healthy mood.¹
- Reduces stress-induced physical and mental fatigue.²
- Coleus and essential nutrients for a healthy thyroid.³

Each tablet contains:

Ademethionine disulfate tosylate	98mg
Equivalent (S)-S-Adenosylmethionine (SAMe)	50mg
Calcium folinate	270 micrograms
Equivalent Folinic acid	250 micrograms
Potassium iodide	98 micrograms
Equivalent Iodine	75 micrograms
Selenomethionine	125 micrograms
Equivalent Selenium	50 micrograms
Colecalciferol (Vitamin D3)	5 micrograms
Equivalent Vitamin D3	200IU
Dry herbal extracts:	
Hypericum perforatum (St. John's Wort), herb top flowering	600mg
Derived from min. dry herb top flowering	3.5g
Std. to Hypericins calculated as hypericin	900 micrograms
Withania somnifera (Withania), root	60mg
Derived from dry root	1.5g
Rhodiola rosea (Rhodiola), root	36mg
Derived from dry root	720mg
Plectranthus barbatus (Coleus), root	17mg
Derived from dry root	500mg

Directions for use:

Adults: Take 1 tablet twice daily.

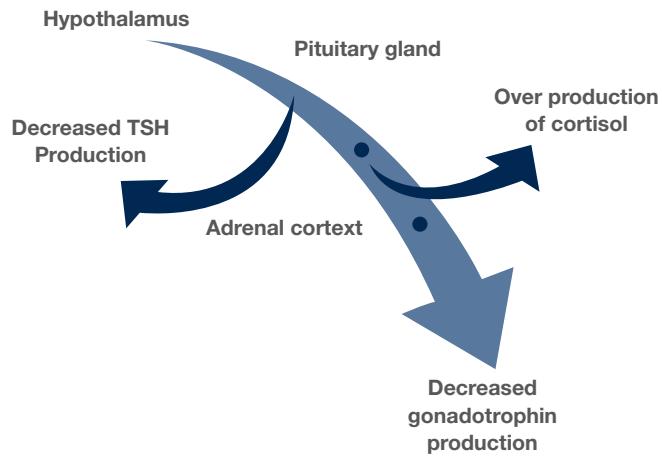
Clinical Benefits:

Hypericum is an extensively researched herb with many major clinical studies and meta-analysis supporting its use to support healthy mood.

mood. It is combined with SAMe, a major methyl donor and an important compound in catecholamine synthesis.⁴ Folinic acid is also a methyl donor and a metabolically active form of folate. Folinic acid bypasses several steps in the conversion of folic acid to 5-MTHF and has a longer half-life in the body.⁵

Rhodiola and withania are adaptogenic herbs which may enhance the body's ability to cope with stress. Rhodiola has been clinically trialled in male students with stress-induced physical and mental performance.⁶ Results revealed significant improvements in both physical health and mental fatigue in just 20 days.⁷

Thyroid hormone synthesis is supported by the inclusion of iodine and selenium. These combine with coleus to assist normal healthy thyroid function.



Stress Response System (SRS).

Free from dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, and soy protein.
Free from artificial colours, flavours and preservatives.



Relaxan

Traditional Chinese Medicine Herbs
for Nervous Tension and Irritability.

Contents: 90 capsules (VegeCaps) (15 days)

Order Code: RXN

Storage: Store below 30°C

Herbs in Relaxan have been clinically shown to or traditionally used for:

- Patients feeling stressed, irritable and moody.¹
- Nervous tension associated with hormonal change.²
- Support cytokine and hormone production associated with moods.³

Each capsule contains:

Dry herbal extracts:

<i>Bupleurum falcatum</i> (Bupleurum), root	75mg
Derived from dry root	750mg
<i>Paeonia lactiflora</i> (Chinese peony), root	63.2mg
Derived from dry root	632mg
<i>Atractylodes macrocephala</i> (Atractylodes), rhizome	63.2mg
Derived from dry rhizome	632mg
<i>Cyperus rotundus</i> (Nutgrass), rhizome	63.2mg
Derived from dry rhizome	632mg
<i>Angelica polymorpha</i> (Dong quai), root	63.2mg
Derived from dry root	632mg
<i>Wolfiporia cocos</i> (Poria), fruiting body	63.2mg
Derived from dry fruiting body	632mg
<i>Paeonia suffruticosa</i> (Tree peony), root bark	42.4mg
Derived from dry root bark	424mg
<i>Gardenia jasminoides</i> (Gardenia), fruit	42.4mg
Derived from dry fruit	424mg
<i>Glycyrrhiza uralensis</i> (Licorice), root and rhizome	31.8mg
Derived from dry root and rhizome	318mg
<i>Mentha haplocalyx</i> (Peppermint), herb	21.4mg
Derived from dry herb	214mg
<i>Zingiber officinale</i> (Ginger), rhizome	21mg
Derived from fresh rhizome	210mg

Directions for use:

Adults: Take 3 capsules twice daily with food.

Clinical Benefits:

Relaxan is based on a traditional formula used to relieve stress and nervous tension due to hyper-functioning of the nervous system in Traditional Chinese Medicine.⁴ This combination has been shown in an animal study to exhibit anxiolytic effects via neuro-steroid synthesis and GABA/benzodiazepine receptor stimulations.⁵

Bupleurum has been traditionally used to assist symptoms including nervous tension, moodiness, irritability, sadness and insomnia when associated with hormonal change.⁶ A 12 week trial in menopausal women, taking a combination of herbs found in Relaxan, showed an increase in cytokine levels including plasma TNF- α , a cytokine associated with mood.⁷ This supports the traditional use of bupleurum for the symptoms of emotional instability and irritability.⁸

Free from dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt.
Free from artificial colours, flavours and preservatives.



Resilian

For Emotional Resilience.

Contents: 90 capsules (VegeCaps) (15 days)

Order Code: RSN

Storage: Store below 30°C

Ingredients in Resilian have been clinically shown to or traditionally used for:

- Patients feeling weepy and worried.^{1,2}
- Assisting stress and emotional resilience.³
- Mechanisms include glutamate, GABA and serotonin modulation.⁴

Each capsule contains:

Dry herbal extracts:

<i>Panax ginseng</i> (Ginseng), root and rhizome	49.5mg
Derived from dry root and rhizome	495mg
<i>Angelica polymorpha</i> (Dong quai), root	49.5mg
Derived from dry root	495mg
<i>Wolfiporia cocos</i> (Poria), fruiting body	49.5mg
Derived from dry fruiting body	495mg
<i>Dimocarpus longan</i> (Longan/Nephelium), seed aril	49.5mg
Derived from dry seed aril	495mg
<i>Polygala sibirica</i> (Siberian milkwort), root	49.5mg
Derived from dry root	495mg
<i>Atractylodes macrocephala</i> (Atractylodes), rhizome	49.5mg
Derived from dry rhizome	495mg
<i>Ziziphus jujuba</i> var. <i>spinosa</i> (<i>Zizyphus</i>), seed	49.5mg
Derived from dry seed	495mg
<i>Astragalus membranaceus</i> (Astragalus), root	49.5mg
Derived from dry root	495mg
<i>Bupleurum falcatum</i> (Bupleurum), root	49.5mg
Derived from dry root	495mg
<i>Gardenia jasminoides</i> (Gardenia), fruit	33mg
Derived from dry fruit	330mg
<i>Ziziphus jujuba</i> (Chinese date), fruit	33mg
Derived from dry fruit	330mg
<i>Citrus reticulata</i> (Mandarin), fruit peel	15mg
Derived from dry fruit peel	150mg
<i>Zingiber officinale</i> (Ginger), rhizome	12mg
Derived from fresh rhizome	120mg
<i>Glycyrrhiza uralensis</i> (Licorice), root and rhizome	11.5mg
Derived from dry root and rhizome	115mg

Directions for use:

Adults: Take 3 capsules twice daily with food.

Clinical Benefits:

Herbs in Resilian have traditionally been used in Chinese medicine to support emotional resilience in sensitive patients who may be teary, weepy and anxious.⁵ Bupleurum is traditionally used for symptoms of stress and unrest due to excessive nervous energy.⁶ Symptoms that bupleurum and polygala are traditionally used for include stress with sensitivity, restlessness, nervous unrest and mild anxiety.⁷

A review paper⁸ suggested anxiolytic mechanisms for polygala include modulation of GABA and mitigation of the negative effects of glutamate, whilst human and animal studies have indicated that zizyphus modulates GABA and serotonin neurotransmitter pathways.^{9,10} Polygala and zizyphus have traditionally been used for sleep-related problems and have been shown to exhibit anxiolytic effects.^{11,12}

Free from dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives.



SleepX

Magnesium with Lutein Zeaxanthin and Ashwagandha for Healthy Circadian Rhythm.

Contents: 114 g oral powder (20 days) Tropical flavour

Order code: SLX

Storage: Store below 30°C

- Improves sleep quality.¹
- Supports healthy sleeping patterns,^{2,3} restores circadian rhythm^{4,5} and helps mitigate the effect of blue light exposure on sleep.^{6,7}
- Supports muscle relaxation⁸ and nervous system function.⁹
- A unique combination of highly bioavailable Meta Mag® Magnesium, lutein, zeaxanthin with Sensoril™ Ashwagandha and the essential amino acid, ornithine.

Each dose (5.7 g) contains:

Magnesium glycinate dihydrate (Meta Mag® - Magnesium bisglycinate)	3g
Equivalent Magnesium	300mg
Ornithine monohydrochloride	400mg
Lutein	20mg
Zeaxanthin	4 mg
Dry herbal extract:	
Withania somnifera (Sensoril™ Ashwagandha), Consisting of:	250mg
Withania somnifera, root	125mg
Derived from dry root	625mg
Withania somnifera, leaf	125mg
Derived from dry leaf	625mg

Directions for use:

Adults: Take 1 scoop (5.7 g) in 200 mL of water, once daily in the evening.

Many Australian adults report poor sleep quality having a negative impact on their lives, with almost half reporting two or more sleep-related problems, such as difficulty initiating or maintaining sleep, or daytime sleepiness or fatigue.¹⁰

1 in 4 patients that visit a Natural Healthcare Practitioner report having sleep issues.¹¹

Clinical Benefits:

SleepX supports healthy sleeping patterns and regulates healthy circadian rhythms. The restoration of the circadian rhythm relies on an adequate ebb and flow of serum cortisol and melatonin levels.¹² Elevated cortisol levels, a consequence of hypothalamic-pituitary-adrenal (HPA) overactivity, may affect sleep onset due to its melatonin-suppressing ability, resulting in hyperarousal. Magnesium regulates key circadian rhythm markers, aiding the reduction of serum cortisol and inducing serum melatonin.¹³ Sensoril™ Ashwagandha has been shown to reduce cortisol, to help counteract HPA overactivity that disrupts melatonin production.¹⁴ Ornithine improves objective and subjective sleep and stress markers in healthy adults through the regulation of cortisol and DHEA-S production.

Digital devices and blue light exposure. Exposure to artificial nocturnal light (i.e. from electronic devices) interferes with the natural circadian rhythm cycle through the stunting of melatonin production in the hypothalamic suprachiasmatic nuclei.^{15,16} Lutein and Zeaxanthin act as blue light filters, increasing macular pigment optical density, improving visual function and sleep quality due to preferential absorption of blue light.¹⁷ Daily supplementation of 20 mg of Lutein and 4 mg of Zeaxanthin has been clinically demonstrated to show significant improvements in sleep parameters including reducing sleep latency and increasing overall sleep duration and quality.¹⁸

SleepX supports restorative sleep (Figure 1). Typical sleep architecture consists of 80 to 120 minute sleep cycles which incorporate various stages and include rapid eye movement (REM) and non-REM sleep.

The last stage of non-REM sleep is also known as slow wave sleep (SWS) which plays an important role in cerebral restoration and recovery.¹⁹ This natural sleep homeostasis is reset and supported through several phytonutrients, such as Lutein, Zeaxanthin and Sensoril™ Ashwagandha which decrease the time to the onset of slow wave sleep. Ornithine, magnesium and Triethylene glycol (TEG) contained in Ashwagandha leaves help to increase the time in non-REM/slow wave sleep during the cycle.^{20,21,22} Combined, these actions support an increase in sleep quality for a more restorative and refreshing night's sleep (Figure 1).

SleepX supports muscle relaxation and neuromuscular function. The proper relaxation of muscles is important for sleep and is facilitated by effective neuromuscular signalling.²³ Symptoms of magnesium deficiency include muscle cramps and spasms.²⁴

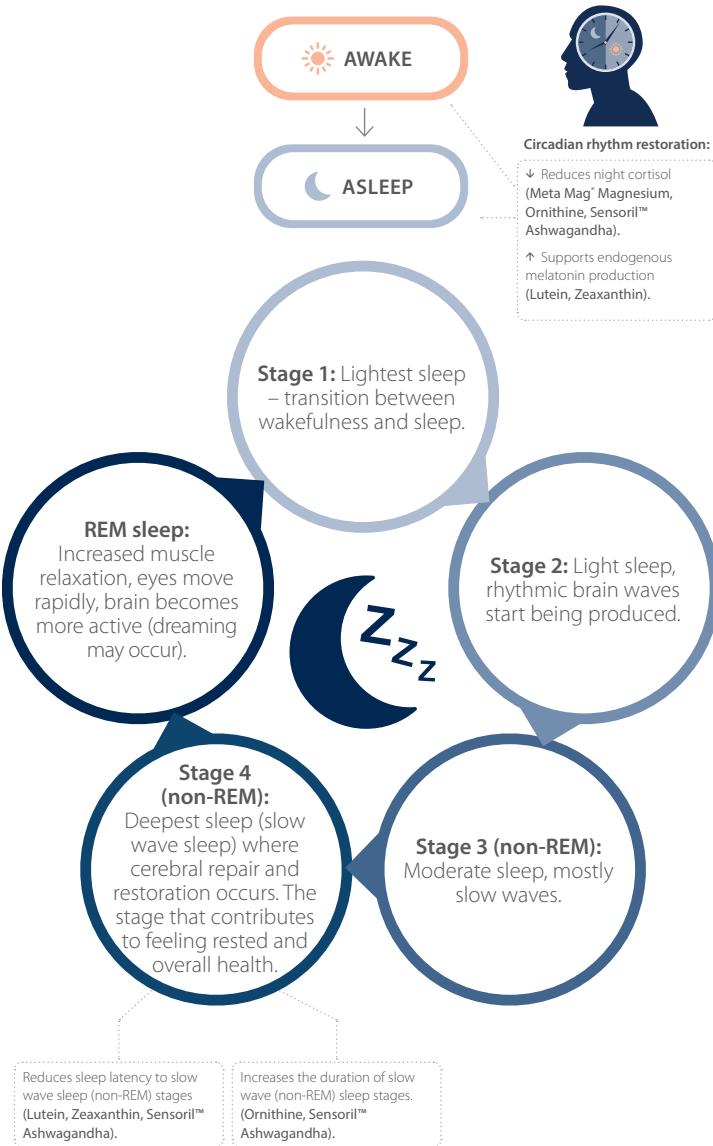


Figure 1: Ingredients in SleepX Restore Circadian Rhythm and Improve Sleep Quality.

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, sweeteners, flavours and preservatives. Sweetened with steviol glycosides.

Sensoril™ is a registered trademark of Natreon, Inc.

Meta Mag® is a registered trademark of Balchem Corp.



Thyrobalance

Support Healthy Thyroid Function & Body Metabolism.



ThyroCalm

Traditional Chinese and Western Herbal Formula to Relieve Nervous Tension & Sleeplessness.

Contents: 60 tablets (15 days)

Order Code: HYTB

Storage: Store below 30°C

- Used for healthy thyroid function and metabolism.
- Herbal and vitamin combination to support energy production.
- Provides 150 micrograms of selenium per day for loading dose.

Each tablet contains:

d-alpha-Tocopheryl acid succinate	110mg
Equivalent d-alpha-Tocopherol (Vitamin E)	134IU
Nicotinamide (Vitamin B3)	100mg
Zinc sulfate monohydrate	16.5mg
Equivalent Zinc	6.0mg
Riboflavin (Vitamin B2)	5.0mg
Retinol palmitate	240 micrograms
Equivalent Vitamin A	130 micrograms
Selenomethionine	94 micrograms
Equivalent Selenium	37.5 micrograms
Potassium iodide	92 micrograms
Equivalent Iodine	70 micrograms
Dry herbal extracts:	
<i>Lycium barbarum</i> (Goji), fruit	250mg
Derived from dry fruit	3g
<i>Withania somnifera</i> (Withania), root	150mg
Derived from dry root	1.5g
<i>Zingiber officinale</i> (Ginger), rhizome	62.5mg
Derived from dry rhizome	1g
<i>Rosmarinus officinalis</i> (Rosemary), leaf	125mg
Derived from dry leaf	500mg

Directions for use:**Adults:**

Loading dose: Take 2 tablets twice daily with food.

Maintenance dose: Take 1 tablet twice daily with food.

Clinical Benefits:

Healthy thyroid function and metabolism: Iodine, selenium, zinc and vitamin E all play a significant role in the synthesis and regulation of thyroid hormones.^{3,4,5} Thyroxine (T4) has four molecules of iodine and is converted to the biologically active thyroid hormone triiodothyronine (T3) via the selenium dependant enzyme, iodothyronine deiodinase.⁶ Selenoproteins also play a protective role via detoxification of hydrogen peroxide (H2O2).⁷ Zinc and vitamin E also provide antioxidant activity via limiting lipid peroxidation and restricting free radical damage.^{5,8}

Beneficial during times of stress: *Withania somnifera* is an adaptogenic herb that has been shown to attenuate the negative effects of chronic stress by acting as a GABA mimetic agent by binding to GABA receptors.² *Withania* also assists with energy production.⁹

Free from dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, sweeteners and flavours.

Contents: 60 tablets (20 days)

Order Code: TH

Storage: Store below 30°C

- Used for the relief of irritability and nervous unrest.^{10,11}
- Melissa officinalis* is traditionally used as a nervine and sedative.¹³
- Provides 3 g of *Melissa officinalis* per day.

Each tablet contains:

Dry herbal extracts:	
<i>Rehmannia glutinosa</i> (Chinese rehmannia), root	300mg
Derived from dry root	3g
<i>Prunella vulgaris</i> (Prunella), flower	150mg
Derived from dry flower	1.5g
<i>Melissa officinalis</i> (Lemon balm), leaf	250mg
Derived from dry leaf	1g
<i>Phyllanthus emblica</i> (Amla), fruit	100mg
Derived from dry fruit	500mg

Directions for use:

Adults: Take 1 tablet three times daily.

Clinical Benefits:

Relieves nervous unrest: ThyroCalm contains *Rehmannia glutinosa* and *Melissa officinalis* for the relief of irritability and nervous unrest.^{10,11} In an animal study, *Rehmannia glutinosa* has been shown to lower adrenergic receptor affinity and peripheral conversion of T4 to T3.⁸ An *in vitro* study has shown *Melissa officinalis* to inhibit conversion of T4 to T3 and disrupt TSH binding to its receptor.⁷

Calming: *Rehmannia glutinosa* is traditionally used in Chinese medicine as a yin tonic to improve symptoms of heart fire including insomnia and irritability.¹¹ In animal studies, *Rehmannia glutinosa* has reversed morphological changes to the pituitary and adrenal cortex by antagonising the suppressive effect of glucocorticoids on the hypothalamus-pituitary-adrenal axis.¹² The carminative and sedative actions of *Melissa officinalis* assist those with nervousness and sleeping problems.¹³ The possible anxiolytic activity of lemon balm results from an elevation of GABA levels that occurs due to inhibition of GABA-transaminase.¹⁴

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, flavours and preservatives.



UltraFlora NeuroSupport Probiotic

Researched Probiotic Strains to Restore a Healthy Stress Response and Calm the Mind.

Contents: 60 capsules (VegeCaps) (30 to 60 days)

Order Code: UFNS

Storage: Store below 25°C: Activ-Vial™ desiccant lined bottle protects probiotics so they stay live and effective without refrigeration.

- Supports a healthy stress response¹ and gut-brain axis function.²
- Supports mood and emotional wellbeing.
- Contains clinically researched, live probiotic strains with no refrigeration required.

Each capsule contains:

18.75 billion live probiotic organisms:

Lactobacillus paracasei (Lpc-37™)

8.75 billion CFU (organisms)

Lactobacillus plantarum 299v

10 billion CFU (organisms)

Directions for use (Adults):

For mental wellbeing and mood: Take 1 capsule daily.

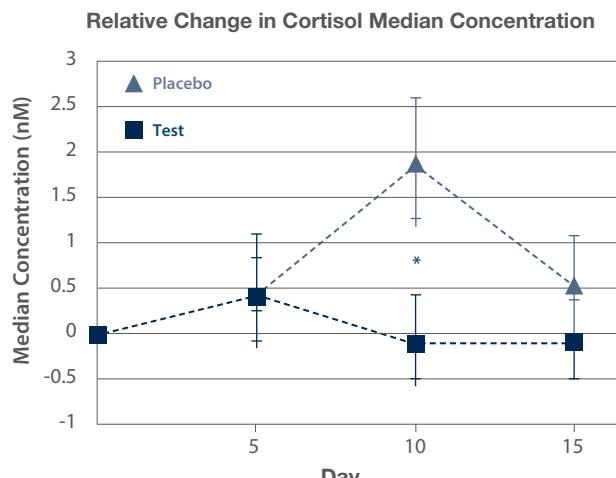
To support neuroendocrine function and a healthy stress response:

Take 2 capsules daily.

Clinical Benefits:

Our gut and brain are interconnected via a two-way communication system known as the 'gut-brain axis'. This includes endocrinological, immunological, and neuronal signals between gut microbes and the brain.³ A major part of this intricate system is the vagus nerve pathway, which responds to microbiota metabolites via afferent neurons and carries nerve impulses to the central nervous system.⁴ Targeting vagal nerve responsiveness and a healthy gut microbiota with specific probiotic strains can restore a healthy microbiota-gut-brain axis and modulate the stress response.^{5,6}

Supports a healthy stress response. *Lactobacillus paracasei* (Lpc-37™) and *Lactobacillus plantarum* 299v can modulate the hypothalamic-pituitary-adrenal (HPA) axis response to stress, providing a protective effect on the HPA axis in stressed individuals.⁷ A randomised, double blind, placebo-controlled trial showed that 299v acts via short chain fatty acid production to influence the gut-brain axis to prevent a rise in cortisol during times of acute stress in individuals (Figure 1).⁸

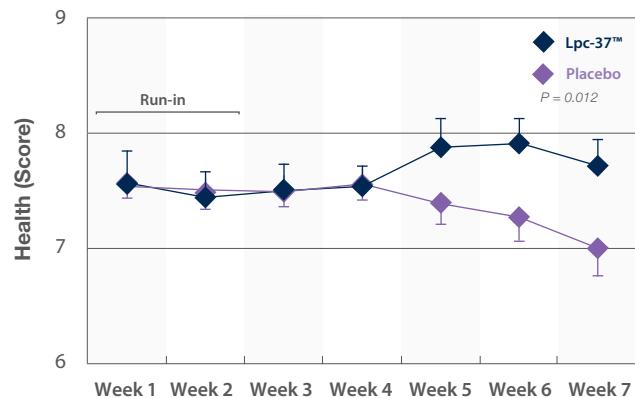


Andersson H, Tullver C et al. Oral Administration of *Lactobacillus plantarum* 229v reduces cortisol levels in human saliva during examination induced stress: A randomised, double-blind controlled trial. International Journal of microbiology. aer id: 8469018 2016.

Figure 1: *L. plantarum* 299v Reduces Salivary Cortisol During Stress.

In a randomised, double-blind, placebo-controlled trial published in 2020, Lpc-37™ was shown to support the gut-brain axis by modulating the heart rate in response to stress, reducing perceived stress and exhaustion during a social stress test and normalising evening cortisol levels in individuals with low chronic stress. Additionally, Lpc-37™ increased perceived health and sleep-related recovery in individuals with high chronic stress (Figure 2).⁹

Perceived Health in the High Chronic Stress Subgroup



Patterson E, Griffin SM, Ibarra A, Ellsiepen E, Hellhammer J. *Lactobacillus paracasei* Lpc-37™ improves psychological and physiological markers of stress and anxiety in healthy adults: a randomized, double-blind, placebo-controlled and parallel clinical trial (the Sisu study). *Neurobiol Stress*. 2020;13:100277. doi: 10.1016/j.nstr.2020.100277.

Figure 2: *L. paracasei* (Lpc-37™) Improves Overall Perceived Health During Stress.

Mood support: Probiotics can illicit positive changes in neurotransmitters such as tryptophan, serotonin, kynurenone, and dopamine via the gut-brain axis. 299v significantly reduces levels of kynurenenes, which are believed to negatively impact mood.¹⁰

Free from animal products, dairy protein, lactose, eggs, gluten, nuts and soy protein.
Free from artificial colours and flavours.

probi[®]

Stress, Anxiety & Mood Support Range

	Product Highlights	Pg		Product Highlights	Pg
	Adaptn Helps the Body Cope with Environmental Stress and Reduce Excess Nervous Energy <ul style="list-style-type: none">• Rehmannia• American ginseng	4		NeuroCalm® For Stress, Nervous Tension and Mild Anxiety. <ul style="list-style-type: none">• Passion flower• Zizyphus• Magnolia	13
	AdrenoTone® Reduce Physical and Mental Fatigue caused by Stress and Support Adrenal Gland Health <ul style="list-style-type: none">• Withania• Siberian ginseng• Rhodiola	4		NeuroCalm® Sleep Helps You Get to Sleep Faster and Stay Asleep Longer. <ul style="list-style-type: none">• Passion flower• Zizyphus• California poppy	13
	Calm Care for Kids Beneficial During Times of Stress, to Relieve Mild Anxiety Symptoms and Sleeplessness. <ul style="list-style-type: none">• Banana flavour• Meta Mag®• LactiumPURE™	5		NeuroCalm® Soothe To Relieve Symptoms of Mild Anxiety and Support Emotional Wellbeing.* <ul style="list-style-type: none">• Lavender Oil• Lemon balm• Theanine (from green tea)	14
	EnergyX Magnesium Combination with Active B Vitamins to Support Energy Production. <ul style="list-style-type: none">• Meta Mag®• Acetyl-L-Carnitine• Tyrosine	6		NeuroLift To Support Normal Healthy Mood, Stress Adaptation and Thyroid Hormone Production. <ul style="list-style-type: none">• St John's wort• Withania	15
	Hemagenics Iron Advanced High Strength Iron for Fatigue. <ul style="list-style-type: none">• Meta Fe® – Iron bisglycinate• Calcium & Vitamin B6• 5-MTHF	7		Relaxan Traditional Chinese Medicine Herbs for Nervous Tension and Irritability. <ul style="list-style-type: none">• Bupleurum• Support cytokine and hormone production associated with moods.	16
	Hemagenics Iron Maintain Iron, Specialised Probiotic & Vitamin C to Support Dietary Iron Absorption. <ul style="list-style-type: none">• 12.5mg Iron• <i>Lactobacillus plantarum</i> 299v• Vitamin C	7		Resilian For Emotional Resilience. <ul style="list-style-type: none">• Siberian milkwort• Bupleurumt	16
	HPA Essentials For Healthy Stress Response and Neuroendocrine Function. <ul style="list-style-type: none">• 5-MTHF• Mecobalamin	8		SleepX Magnesium with Lutein Zeaxanthin and Ashwagandha for Healthy Circadian Rhythm. <ul style="list-style-type: none">• Meta Mag®• Lutein and Zeaxanthin• Ornithine• Sensoril™ Ashwagandhat	17
	Infla-Mood BCM-95™ Turmeric, with Saffron for HealthyMood Balance. <ul style="list-style-type: none">• BCM-95™ Turmeric• SaffronTyrosine	9		Thyrobalance Support Healthy Thyroid Function & Body Metabolism. <ul style="list-style-type: none">• Vitamin B3• Goji fruit• Withania• Ginger	18
	Meta B Complex High Potency B Vitamin Complex, Mineral, Antioxidant and Amino Acid Formula. <ul style="list-style-type: none">• High potency B complex• Antioxidants	10		ThyroCalm Traditional Chinese and Western Herbal Formula to Relieve Nervous Tension & Sleeplessness. <ul style="list-style-type: none">• Chinese rehmannia• Prunella• Lemon balm• Amla	18
	MetaFocus with Brahmi Assists Cognitive Function, Memory and the Nervous System. Formerly Brahmi Tone. <ul style="list-style-type: none">• Green tea• BacoMind™ Brahmi• Ginkgo biloba• Withania	11		UltraFLora NeuroSupport Probiotic Researched Probiotic Strains to Restore a Healthy Stress Response and Calm the Mind. <ul style="list-style-type: none">• <i>Lactobacillus paracasei</i> (Lpc-37™) 8.75 billion CFU (organisms)• <i>Lactobacillus plantarum</i> 299v• 10 billion CFU (organisms)	19
	MetaRelax™ Formerly CalmX with Magnesium Glycinate for a Healthy Stress Response. <ul style="list-style-type: none">• Meta Mag®• Acetyl-L-Carnitine• Tyrosine	12			

References available on request.



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