



Clinical Applications

- Support for Overall Nervous System
- Support for a Healthy Mood
- Support for Synthesis of Serotonin
- Nutritional Support for Carbohydrate Cravings

Pura Mood™ is a combination of nutrients that have important roles in the synthesis and function of neurotransmitters and an overall healthy nervous system. The enhancement of endorphins by the presence of 5-HTP is likely to support healthy mood.

All Vida Pura® Formulas Meet or Exceed cGMP quality Standards

Discussion

Vitamins, minerals, amino acids, fatty acids and other nutrients are all necessary for synthesis of neurotransmitters in the brain. In addition to the importance of the presence of the proper nutrients in the right amounts, the process of methylation is essential to healthy brain chemistry. Under methylation results in low levels of serotonin, dopamine and norepinephrine that manifest as depressed mood.

Pura Mood™ contains the key nutrients needed for healthy methylation. These include Vitamin B6, present in its activated form as pyridoxal 5' phosphate; Vitamin B12, present in its readily bioavailable form, methylcobalamin; and folate, present as folic acid and folinic acid.¹ Pyridoxine nutritional status selectively modulates central production of both serotonin and GABA - neurotransmitters which control depression, pain perception and anxiety.²

Magnesium is present in this formula chelated with the amino acids glycine and taurine. The flow of calcium ions into neuronal calcium channels is regulated by magnesium ions. This process also helps regulate production of nitric oxide by neurons. If the neuronal requirements for magnesium are not met due to a dietary deficit of magnesium and other nutrients, excessive dietary calcium intake, or imbalanced stress hormone levels, damage could manifest as depression. Specifically, the glycinate and taurinate chelates of magnesium have been found to be helpful in correcting intraneuronal magnesium deficiencies.³

GABA (Gamma-aminobutyric acid), an amino acid, is an inhibitory neurotransmitter found in 30-40% of the brain synapses. It has a calming effect on the brain by neutralizing the excitatory effects of glutamate. GABA deficiencies interfere with delta (deep) sleep; the deficiency has been shown to be present in individuals with anxiety, depression and other mood disorders.⁴

5- HTP (5- hydroxytryptophan) is an intermediary in the biosynthesis of serotonin. Serotonin is known to enhance mood, reduce anxiety and aggression, improve sleep quality and suppress appetite. It may reduce sex drive and pain sensation and stiffness. Two randomized, placebo-controlled studies with a total of 64 individuals with unipolar depression or dysthymia concluded that 5-HTP is better than placebo at relieving depression. (Peto Odds Ratio 4.10; 95% confidence interval 1.28-13.15; RD 0.36; NNT 2.78) ^{5,6}



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Vitamin B6 (as Pyridoxal 5' Phosphate)	4 mg	233%
Vitamin B12 (as methylcobalamin)	1,000 mcg	16,666%
Folate (as folic acid and calcium folinate)	800 mcg	200%
Magnesium (glycinate and taurinate)	50 mg	12%
GABA	250 mg	**
5 HTP	50 mg	**

** Daily Value not established.

Other Ingredients: Cellulose and Magnesium Stearate.

Dosing:

Take on an empty stomach; generally 30 minutes before or 2 hours after food consumption.

References

1. Bottiglieri T. Homocysteine and folate metabolism in depression. *Prog Neuropsychopharmacol Biol Psychiatry*. 2005 Sep;29(7):1103-12 [PMID:16109454]
2. McCarty MF. High-dose pyridoxine as an 'anti-stress' strategy. *Med Hypotheses*. 2000 May; 54(5): 803-7 [PMID:10859691]
3. Eby GA, Eby KL. Rapid recovery from major depression using magnesium treatment. *Med Hypotheses*. 2006; 67(2): 362-70. Epub 2006 Mar 20 [PMID:16542786]
4. Mombereau C. Genetic and pharmacological evidence of a role for GABA (B) receptors in the modulation of anxiety- and antidepressant-like behavior. *Neuropsychopharmacology*. 2004 Jun;29(6):1050-62. [PMID: 15039762]
5. Shaw K., Turner J. Del Mar C. Tryptophan and 5-hydroxytryptophan for depression. *Cochrane Database Systemic Review* 2001;(3):CD003198 [PMID:11869656]
6. Eriksson O., et al: Mood changes correlate to changes in brain serotonin precursor trapping in women with premenstrual dysphoria. *Psychiatry Rs*. 2006 Mar 31;146(2):107-16 [PMID: 16515859]

Additional References Available Upon Request

Contraindications

There are a number of known drug interactions with 5-HTP and/or GABA. Please consult a reliable source before using concurrently with any prescription drugs. 5-HTP should be avoided by pregnant women, nursing mothers, those with significant cardiovascular disease and individuals with carcinoid tumors. 5-HTP may have additive effects with tryptophan, St John's Wort, and SAME.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.