

CLINICAL PROTOCOLS

DEPRESSION

A Suggested Nutritional Protocol for Depression Support

Brain MOOD

Formulated by Eric R. Braverman M.D. to help support a sense of well being and mood stability. The most important nutrients for serotonin production have been included in this formula, to help maintain the brain's symmetry and stabilize mood. Formulated with ingredients such as St. John's Wort Extract, 5-HTP and B-12.

Suggested usage: *One capsule, three times daily.*

Opti-EPA™ Liquid

A great tasting, natural lemon flavoured, ultra-refined fish oil liquid providing over 2300mg of omega-3 essential fatty acids per serving.

Suggested usage: *One teaspoon daily.*

OR

EPA/DHA Essentials (Pure Encapsulations)

An ultra-pure, molecularly distilled fish oil concentrate; provides 1000mg of fish oil per serving. The consumption of omega-3 fatty acids from fish has been associated with numerous benefits, including support for joint health.

Suggested usage: *Two capsules daily, in divided doses, with meals.*

Relora-Plex

This unique, patent-pending mixture of two herbal extracts is specifically designed to support normal mental functioning during stress and anxiety.

Suggested usage: *Two capsules daily.*

5-HTP Plus

Helps increase serotonin and to alleviate symptoms often seen with depression such as mood, sleep, and appetite disorders. Includes supportive cofactors such as pyridoxal 5- phosphate, tyrosine and glutamine.

Suggested usage: *One to two capsules daily.*

