

NeuroMood Pure Pack

Support for healthy neurotransmitter function, positive mood and emotional wellness[†]

INDICATIONS

- Ages 18 and up
- Emotional wellness and positive mood support[†]
- Relaxation support[†]
- Healthy eating behavior support[†]

BENEFITS

- Support for healthy neurotransmitter function, positive mood and emotional wellness[†]
- Promotes cognitive function and healthy eating behavior[†]
- Supports relaxation[†]

FEATURES

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Easily tolerated magnesium glycinate for sensitive individuals
- Convenient, once-daily packet
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

NeuroMood Pure Pack is designed to promote positive mood, neurotransmitter function, relaxation and healthy eating behavior with a comprehensive profile of bioavailable vitamins, chelated minerals, fish oil and other ingredients. B vitamins, chromium, taurine and curcumin promote neurotransmitter function. The B vitamins folate, vitamin B₆ and vitamin B₁₂ are critical for proper biosynthesis of the monoamine neurotransmitters serotonin, epinephrine and dopamine.¹ Chromium supports serotonin receptor sensitivity, as well as memory and healthful patterns of carbohydrate and energy intake.² Preclinical data suggest that taurine may moderate the effects of stress on mood.³ Curcumin promotes healthy levels of serotonin and dopamine.⁴ Curcumin also supports neuronal health and emotional balance through immunological mechanisms.⁵ Omega-3 essential fatty acids, folate, vitamin B₆, zinc and magnesium also play important roles in positive mood and relaxation.⁶

Omega-3 fatty acids may also moderate appetite by supporting healthy cholecystinin (CCK) release.⁷ Optimal levels of zinc also help to maintain healthy eating behaviors, possibly by moderating appetite-stimulating hormones such as neuropeptide Y (NPY) and ghrelin.^{8†}

SUGGESTED USE

As a dietary supplement, take 1 packet daily (5 capsules), with a meal.

STORAGE

Store in a cool, dry place.

WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

PHENYLKETONURICS: CONTAINS PHENYLALANINE

NOTES

- 1 O.N.E. Multivitamin: large (size 00) yellow-orange capsules
- 1 EPA/DHA with lemon: large (20 mm oblong) yellow/clear softgel capsule
- 1 NeuroPure: large (00) tan-yellow capsule
- 1 Magnesium (glycinate): large (size 00) white capsule
- 1 Taurine 1,000 mg: large (size 00) white capsule

REFERENCES

1. Merete C, et al. *J Am Coll Nutr.* 2008 Jun; 27(3): 421-427.
2. Docherty JP, et al. *J Psychiatr Pract.* 2005 Sep;11(5):302-14.
3. Wu GF, et al. *Sci Rep.* 2017 Jul 10;7(1):4989.
4. Kulkarni SK, et al. *Psychopharmacology (Berl).* 2008 Dec;201(3):435-42.
5. Ramaholimihaso T, et al. *Front Psychiatry.* 2020 Nov 27;11:572533.
6. Sinn N, et al. *Br J Nutr.* 2012 Jun;107(11):1682-93.

NeuroMood Pure Pack

Support for healthy neurotransmitter function, positive mood and emotional wellness[†]

7. Harden CJ, et al. *Br J Nutr.* 2012 Aug;108(4):755-8.
8. Yin J, et al. *J Nutr Biochem.* 2009 Oct;20(10):783-90.

SUPPLEMENT FACTS

1 packet daily (5 capsules), with a meal.

Five capsules contain:

Calories	10
Total Fat	1 g
Cholesterol	< 5 mg
Vitamin A (as vitamin A acetate and 73% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D (as cholecalciferol) (D ₃)	50 mcg (2,000 IU)
Vitamin E (as d-alpha tocopherol succinate and mixed tocopherols)	20 mg
Thiamin (as thiamin HCl) (B ₁)	3 mg
Riboflavin (as vitamin B ₂ and 43% riboflavin 5' phosphate (activated B ₂))	3 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxine HCl and 67% pyridoxal 5' phosphate (activated B ₆))	7.5 mg
Folate (as Metafolin [®] , L-5-MTHF)	1,083 mcg DFE (650 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	10 mg
Choline (as choline bitartrate)	25 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium glycinate)	120 mg
Zinc (as zinc citrate and 17% zinc picolinate)	30 mg
Selenium (as selenomethionine)	70 mcg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as TRAACS [®] molybdenum glycinate chelate)	75 mcg
Boron (as boron glycinate)	1 mg
Inositol	25 mg
CoenzymeQ ₁₀ (as CoQ ₁₀ and as 18% from MicroActive [®] CoQ ₁₀ -cyclodextrin complex)	50 mg
Alpha lipoic acid	50 mg
FloraGLO [®] lutein	3 mg
Zeaxanthin	500 mcg
Lycopene	500 mcg
DL-Phenylalanine (free-form)	350 mg

5-Hydroxytryptophan	50 mg
Meriva [®] turmeric phytosome (turmeric (<i>Curcuma longa</i>) extract (root) and phospholipid complex) (standardized to contain 18% curcuminoids)	125 mg
Quercetin	50 mg
Taurine (free-form)	1,000 mg
Fish oil concentrate (from anchovies, sardines, mackerel) Providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, potato starch

Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany.

ChromeMate[®] brand niacin-bound chromium. ChromeMate[®] & logo are trademarks of Lonza or its affiliates.

Meriva[®] is a trademark of Indena S.p.A.

Phytosome More Bioavailable is a trademark of Indena S.p.A.

FloraGLO[®] is a registered trademark of Kemira Industries, Inc.

TRAACS[®] is a registered trademark of Albion Laboratories, Inc

Zeaxanthin is sourced from OPTISHARP[®] brand. OPTISHARP[®] is trademark of DSM.

Microactive[®] is a registered trademark of Bioactives, LLC

Contains fish (anchovies, sardines, mackerel)

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

PHENYLKETONURICS: CONTAINS PHENYLALANINE.



NeuroMood Pure Pack	Quantity	Order Code
	30 packets	NMPPB3

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]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.

800.753.2277 | PureEncapsulationsPro.com

©2022 Pure Encapsulations, LLC. All Rights Reserved.

pure
encapsulations[®]