

# MoodHarmony360°



## MOOD SUPPORT

### CLINICAL APPLICATIONS

- Provides Mood Support
- Supports Musculoskeletal Health
- Supports Liver Health

### What is S-Adenosylmethionine?

S-Adenosylmethionine is the active methyl form of the amino acid methionine. S-Adenosylmethionine is necessary for an array of biochemical pathways, including neurotransmitter synthesis, metabolism of homocysteine, and detoxification. As a donor of methyl groups, MoodHarmony360° supports glutathione production, liver health, musculoskeletal and joint comfort, and a positive mood. This formulation of MoodHarmony360° includes 400 mcg of 5-methyltetrahydrofolic acid, as pathways using MoodHarmony360° are dependent on this methylated cofactor.

### Overview

S-Adenosylmethionine is a principle methyl donor for biochemical reactions throughout the body.<sup>1</sup>

This methyl transfer is critical to reactions involving proteins, phospholipids, DNA, RNA, creatine, hormones, development of cell membranes, degradation of histamine, and formation of norepinephrine and dopamine.<sup>2,3</sup>

### Deficiency†

S-Adenosylmethionine levels tend to decline as people age. In addition, it is used in the production of the mood-elevating neurotransmitter serotonin as a methyl donor. Low levels of S-Adenosylmethionine have been associated with certain mood challenges.

### Detox Support and Antioxidant Protection†

S-Adenosylmethionine is an essential molecule in the synthesis of glutathione, a key component of antioxidant and detoxification.<sup>5</sup> After donating a methyl group, S-Adenosylmethionine is converted to S-adenosylhomocysteine (SAH), a reaction that promotes the trans-sulfuration pathway in the liver that produces glutathione. SAH is then broken down to trimethylglycine (TMG), or betaine anhydrous, which plays an important role in maintaining a healthy MS-Adenosylmethionine :SAH ratio in the liver. Studies show MoodHarmony360° supports liver health<sup>6,7</sup> and positively affects the cell-life regulation of hepatocytes.<sup>8</sup>

### Mood Health†

MoodHarmony360° appears to support mood health, possibly due to its active role in methylation and involvement in the formation of monoamine neurotransmitters.<sup>9-12</sup> A meta-analysis showed MoodHarmony360° supported a healthy mood compared to placebo, with an effect comparable to that of other treatments.<sup>13</sup> A 30-day, double-blind, placebo-controlled, randomized study of 80 women suggested that there was a significant improvement in mood after the women received an oral dose of 1,600 mg/day of MoodHarmony360° compared to placebo.<sup>14</sup> Another study of 143 subjects who received an oral dose of 1,600 mg/day of MoodHarmony360° suggested that MoodHarmony360° yielded positive results that were comparable to other treatments for supporting a healthy mood, but MoodHarmony360° was better tolerated.<sup>15</sup> In a small, four-week, double-blind, randomized trial comparing oral MoodHarmony360° with other treatments, 62% of the MoodHarmony360° group showed significant improvement in mood and the study revealed a significant correlation between plasma MoodHarmony360° levels and the degree of healthy mood support, regardless of treatment type.<sup>16</sup>

### Folate

Folate is a water-soluble member of the B-complex vitamins that is critical for maintaining optimal methylation pathways. Malabsorption and genetic defects in the enzyme 5-methyltetrahydrofolate reductase (5-MTHFR) can result in an impaired ability to activate folic acid. Folic acid supports the trans-methylation pathway, which metabolizes homocysteine into cysteine. Increases in oxidative stress may shift homocysteine metabolism towards trans-sulfuration to increase hepatic production of reduced glutathione.<sup>3</sup>

† 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.

## Directions

1-2 capsules two times per day or as recommended by your health care professional.

## Does Not Contain

Gluten, corn, yeast, artificial colors or flavors.

## Cautions

If you are pregnant or nursing, consult your physician before taking this product.

## Warning

This product should not be taken with any anti-depressant drugs (MAO Inhibitors, bicyclic, tricyclic, Fluoxetine, etc.) unless under close supervision of your health care professional.

Supplement Facts <sup>US</sup>		
Serving Size 2 Capsules Servings Per Container 30		
	Amount Per Serving	% Daily Value
Folate (from 400 mcg as Quatrefolic® 680 mcg DFE (6S)-5-Methyltetrahydrofolic acid glucosamine salt)		170%
SAME (as S-Adenosyl-L-methionine disulfate p-toluensulfonate)	400 mg	*
* Daily Value not established.		

ID# 513060 60 Capsules

## References

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