

Neuro Balance

Nutritional Support for Healthy
Neurotransmitter Balance and
Function*

Neuro Balance Supplementation

NutriDyn's Neuro Balance is a comprehensive formula that contains bioactive forms of key vitamins, minerals, amino acids, and plant extracts; due to their role in neurotransmitter production, these nutrients support healthy appetite, cognition, and mood.*

Read on to learn more about how Neuro Balance works and its unique benefits.

Research cited herein suggests the nutrients contained in Neuro Balance can support healthy appetite, mood, and neurotransmitter production.* Moreover, these nutrients work in concert to support energy production and blood flow to the brain.*

To summarize, the most pertinent research-backed benefits of supplementation with Neuro Balance may include:

- Supports healthy appetite*
- Supports healthy mood*
- Supports blood and oxygen flow to the brain*
- Supports neurotransmitter production and neural tissue*

How Neuro Balance Works

Neuro Balance works by supporting healthy levels of key appetite-regulating neurotransmitters—particularly dopamine and serotonin. Appetite is largely a brain-related effect, thanks in part to a peptide called neuropeptide Y (NPY). Expression of NPY stimulates the mesolimbic reward center that is responsible for the pleasurable feelings during eating and other activities (mostly due to the increase of dopamine and serotonin in the brain).

Neuro Balance contains key ingredients that support healthy levels of dopamine and serotonin, which in turn emulates the feelings of pleasure and reward that NPY typically creates.* Therefore, Neuro Balance helps support healthy appetite and feelings of well-being.*



How Neuro Balance Works Continued

The vitamins and minerals in Neuro Balance, such as chromium and pyridoxine, assist in the production of dopamine and catecholamines through a variety of pathways.^{♦1,2} Moreover, Neuro Balance contains potent herbal extracts, such as 5-hydroxytryptophan (5-HTP) and Rhodiola rosea. These ingredients support the proper synthesis and transport of serotonin, an appetite-regulating neurotransmitter.³

Rounding out the Neuro Balance formula are amino acids such as L-tyrosine, L-glutamine, and DL-phenylalanine, which have been shown in research to support healthy appetite and mood.^{♦4,5}

Supplement Facts

Serving Size: 8 Capsules

Servings Per Container: 22.5

	Amount Per Serving	%DV*
Vitamin C (ascorbic acid)	600 mg	667%
Vitamin B6 (as pyridoxal-5-phosphate)	50 mg	2,941%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	400 mcg DFE	100%
Calcium (as calcium citrate)	168 mg	13%
Magnesium (as magnesium citrate)	64 mg	15%
Chromium (as chromium picolinate)	1 mg	2,857%
DL-Phenylalanine	2 g	**
L-Tyrosine	1.5 g	**
L-Glutamine	750 mg	**

	Amount Per Serving	%DV*
<i>Rhodiola rosea</i> Root Extract (standardized to 3% rosavins and 2% salidosides)	200 mg	**
L-5-Hydroxytryptophan (L-5-HTP) (as <i>Griffonia simplicifolia</i> seed extract)	150 mg	**

Other Ingredients: Hydroxypropyl methylcellulose, vegetable magnesium stearate, silicon dioxide.

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Directions: Take eight capsules daily in two divided doses or as directed by your healthcare practitioner

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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- Kalra, S. P., Dube, M. G., Pu, S., Xu, B., Horvath, T. L., & Kalra, P. S. (1999). Interacting appetite-regulating pathways in the hypothalamic regulation of body weight 1. *Endocrine reviews*, 20(1), 68-100.
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♦ 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.

For more information, visit: www.nutridyn.com

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