

# NutriDyn®

## Uplift+

Advanced Neuro Support and Healthy Mood Formula for Emotional Wellness\*

### Uplift+ Supplementation

Uplift+ is a dynamic brain and mood support formula designed to promote cognitive performance, emotional well-being, and resilience to mental and physical stressors.\* Optimal brain function depends on efficient cellular energy production, balanced neurotransmitter activity, neuroplasticity, and protection against oxidative stress.\* These systems can be disrupted by aging, chronic stress, nutrient insufficiencies, and increased cognitive demand. Uplift+ delivers a comprehensive blend of clinically studied nootropics, adaptogens, and mood-supportive nutrients to promote healthy brain energy metabolism, focus, memory, stress adaptation, and emotional balance for daily cognitive and mood support.\*

Supplementation with Uplift+ may offer the following clinically supported benefits:

- Supports cognitive performance, focus, and mental clarity\*
- Promotes healthy mood and emotional well-being\*
- Supports a healthy stress response and mental resilience\*
- Promotes sustained mental energy and reduced mental fatigue\*
- Supports neurotransmitter balance and brain health\*

### How Uplift+ Works

#### Creatine Monohydrate for Brain Function and Cognitive Performance\*

Creatine plays a vital role in cellular energy metabolism by helping regenerate adenosine triphosphate (ATP), the primary energy currency of the brain.\* The brain is the body's second-highest consumer of creatine and relies on adequate levels to support cognition, memory, and mental processing speed.\* Clinical research shows that creatine supplementation increases brain creatine concentrations, enhances cognitive performance during stress, sleep deprivation, and mental fatigue, and supports neuroprotection, neuroplasticity, and balanced mood.\*<sup>1-3</sup>

#### Lion's Mane Mushroom for Neuroplasticity and Cognitive Support\*

Lion's mane contains unique bioactive compounds that stimulate the synthesis of nerve growth factor (NGF), a key regulator of neuronal survival, differentiation, and communication, particularly in cholinergic neurons involved in memory and learning.\* Clinical studies suggest that lion's mane supplementation supports cognitive performance, enhances processing speed, and promotes a healthy stress response, with additional research indicating benefits for mood and emotional well-being.\*<sup>4-6</sup>



## How Uplift+ Works Continued

### Rhodiola rosea for Stress Resilience and Mental Performance\*

*Rhodiola rosea* is a well-studied adaptogenic herb traditionally used to combat fatigue, enhance endurance, and support emotional balance.\* Standardized extracts rich in rosavins and salidroside help regulate the body's stress response by supporting neurotransmitter balance and reducing stress-related fatigue.\* Clinical studies show that rhodiola supplementation supports mental performance, attention, associative thinking, and resilience to stress in demanding situations.\*<sup>7-9</sup>

### L-Theanine for Calm Focus and Neurotransmitter Balance\*

L-theanine is an amino acid found naturally in tea that promotes relaxation without sedation.\* Structurally similar to glutamate, L-theanine modulates excitatory signaling while increasing inhibitory signaling through gamma-aminobutyric acid (GABA) and influencing dopamine and serotonin pathways.\* Clinical studies demonstrate improved attention, working memory, and stress response, particularly in individuals with higher baseline stress.\*<sup>10,11</sup>

### Saffron for Mood and Emotional Well-Being\*

Saffron contains bioactive compounds such as crocin, crocetin, and safranal that support neurotransmitter balance and emotional health.\* Extensive clinical research demonstrates that saffron supplementation promotes healthy mood, emotional well-being, and stress resilience.\*<sup>12,13</sup>

### Vitamin D3, Zinc, and Selenium for Mood and Neuroimmune Support\*

Vitamin D3 plays a critical role in neurotransmission and overall brain function.\* Adequate vitamin D status is associated with healthy mood regulation and cognitive performance.\* Zinc and selenium provide complementary antioxidant and neuroprotective support, with zinc involved in neurotransmitter signaling and synaptic function and selenium supporting antioxidant defenses and overall neurological health.\*<sup>14-16</sup>

## Supplement Facts

Serving Size: About 1 Scoop (11.9 g)

Servings Per Container: About 30

	Amount per Serving	%DV*
Calories	15	
Total Carbohydrate	4 g	1%*
Dietary Fiber	<1 g	3%*
Vitamin D (as cholecalciferol)	50 mcg	250%
Magnesium (as magnesium glycinate)	150 mg	36%
Zinc (as zinc glycinate)	15 mg	136%
Selenium (as l-selenomethionine)	100 mcg	182%
Creatine Monohydrate	5 g	**
Organic Lion's Mane Mushroom Extract (fruiting body; <i>Hericium erinaceus</i> ; hot water extract) (Nammex®)	900 mg	**
Rhodiola Extract (root; <i>Rhodiola rosea</i> ; 3% rosavins and 1% salidroside)	400 mg	**
L-Theanine	200 mg	**
Saffron Stigma Extract ( <i>Crocus sativus</i> ; 0.3% safranal)	30 mg	**

**Other Ingredients:** Citric acid, natural flavors, inulin, bamboo extract, beet root powder (color), stevia leaf extract.



**Directions:** Mix 1 scoop in 10 ounces of water as a dietary supplement or as directed by your healthcare practitioner.

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

### References:

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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.

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