



# Neuro Balance

Nutritional Support for  
Healthy Nerve Function\*

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.

## 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 wellbeing.\*

Vitamins and minerals in Neuro Balance, such as chromium and pyridoxine assist in production of dopamine and catecholamines through a variety of pathways.\*<sup>1,2</sup> Moreover, Neuro Balance contains potent herbal extracts, such as 5-hydroxytryptophan (5-HTP) and *Rhodiola rosea*. These ingredients support proper synthesis and transport of serotonin, an appetite-regulating neurotransmitter.<sup>3</sup>

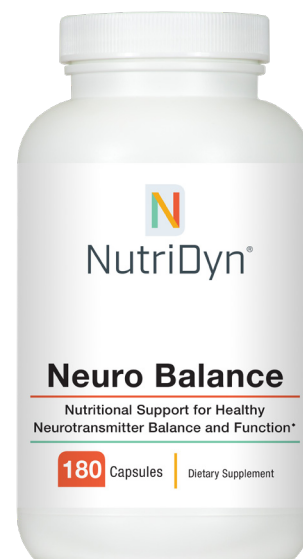
Rounding out the Neuro Balance formula are amino acids such as L-tyrosine, L-glutamine, and DL-phenylalanine, which have been shown in research to support healthy appetite and mood.\*<sup>4,5</sup>

## Neuro Balance Supplementation

Research cited herein suggests the nutrients contained in Neuro Balance can support healthy appetite, mood, and neurotransmitter productions.\* 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\*



**Form: 180 Capsules**

**Serving Size: 8 capsules**

Ingredients	Amount	%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	**
<i>Rhodiola rosea</i> Root Extract (standardized to 3% rosavins and 2% salidroside)	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.

BioFolate® is a federally registered trademark of MTC Industries, Inc.

### Directions:

Take 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.



\* 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.

## References:

1. Calvaresi, E., & Bryan, J. (2001). B Vitamins, Cognition, and Aging a Review. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 56(6), P327-P339.
2. Komorowski JR, Tuzcu M, Sahin N, Juturu V, Orhan C, Ulas M, Sahin K. Chromium picolinate modulates serotonergic properties and carbohydrate metabolism in a rat model of diabetes. *Biol Trace Elem Res*. 2012
3. Birdsall, T. C. (1998). 5-Hydroxytryptophan: a clinically-effective serotonin precursor. *Alternative medicine review: a journal of clinical therapeutic*, 3(4), 271-280.
4. 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.
5. Avraham, Y. O. S. E. F. A., Hao, S. H. U. Z. H. E. N., Mendelson, S. U. S. A. N., & Berry, E. M. (2001). Tyrosine improves appetite, cognition, and exercise tolerance in activity anorexia. *Medicine and science in sports and exercise*, 33(12), 2104-2110.