



Emotional Wellness

What Is It?

Emotional Wellness combines amino acids, herbs, and vitamin cofactors to promote healthy emotional well-being and cognitive function while moderating occasional stress.*

Uses For Emotional Wellness

Positive Mood: 5-hydroxytryptophan and l-tyrosine are key precursors for the synthesis of several neurotransmitters responsible for a healthy emotional outlook, including serotonin, dopamine, epinephrine and norepinephrine. These neurotransmitters are involved in the regulation of endocrine and brain activity in addition to sleep/wake cycles. Research suggests that l-tyrosine and *Rhodiola rosea* may also promote cognitive function and memory under stressful conditions. A healthy level of the inhibitory neurotransmitter GABA is also associated with promoting positive mood.*

Relaxation: Research suggests that both GABA and l-theanine enhance alpha wave production in the brain, promoting relaxation. Complementary support is provided by passion flower, which has been used traditionally for hundreds of years to promote relaxation and help moderate occasional stress. Vitamin B₆ is a cofactor that plays an important role in supporting positive emotional health.*

What Is The Source?

Pyridoxal 5'phosphate (activated B₆), GABA (gamma-aminobutyric acid), and l-theanine are synthetic. 5-hydroxytryptophan is derived from *Griffonia simplicifolia* seeds. l-Tyrosine (free-form) is extracted from soy. *Rhodiola rosea* extract is derived from the root and standardized to contain 3% total rosavins and min. 1% salidroside. Passion flower extract is derived from aerial parts of *Passiflora incarnata* and standardized to contain 3.5% vitexin. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

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Recommendations

Pure Encapsulations recommends 1-3 capsules daily, in divided doses, between meals.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Certain ingredients have been associated with gastrointestinal side effects such as nausea, heartburn, vomiting, diarrhea or flatulence. In rare cases, l-tyrosine or passionflower can cause headache, dizziness, joint pain or ataxia. There is one case report of ventricular tachycardia following passionflower administration. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Do not use concurrently with SSRI medications or MAO inhibitors. Passionflower and 5-HTP may be contraindicated with sedative medications. Consult your physician for more information.

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each vegetable capsule contains



pyridoxal 5'phosphate (activated B ₆).....	10 mg.
5-hydroxytryptophan (<i>Griffonia simplicifolia</i>)	100 mg.
l-tyrosine (free-form).....	100 mg.
GABA (gamma-aminobutyric acid).....	200 mg.
l-theanine	100 mg.
<i>Rhodiola rosea</i> extract (root)	100 mg.
(standardized to contain 3% total rosavins and min. 1% salidroside)	
passion flower (<i>Passiflora incarnata</i> L.) extract (aerial parts)	85 mg.
(standardized to contain 3.5% vitexin)	
vitamin C (as ascorbyl palmitate)	10 mg.

1-3 capsules daily, in divided doses, between meals.

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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.