

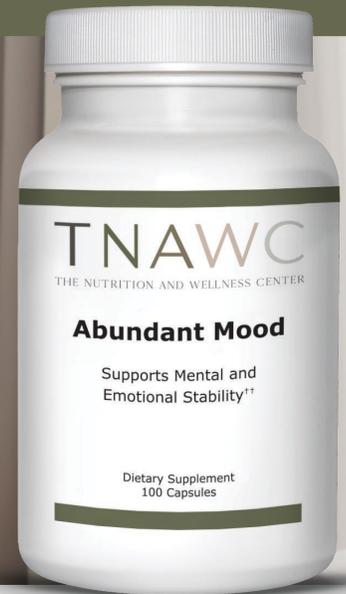
# TNAWC

THE NUTRITION AND WELLNESS CENTER

## Abundant Mood

DETOXIFIES THE BODY AND  
BALANCES BRAIN CHEMISTRY\*

SYNERGISTICALLY FREE FORM  
CLINICALLY SUPERIOR TO SAME



### ABUNDANT MOOD MIND/BODY TUNE-UP

Mood disorders have become epidemic. Over 40 million Americans are taking prescription drugs for depression or anxiety. As highly processed, fatty foods and chemical food additives have become staples of the American diet, unstable mental and emotional health have become all too common. For optimum psychological health, the body must eliminate chemicals and toxins. Nutrient deficits reduce the body's capacity for detoxification. Toxins and chemicals that are not properly cleared become free to interfere with the body's own chemicals and chemical messengers, particularly neurotransmitters, which affect mood and thought patterns. **Abundant Mood**, with its freeform, active ingredients, is designed to support the elimination of chemicals and toxic build-up in the system.\*

### NATURAL SYNERGY FOR A POSITIVE OUTLOOK

**Abundant Mood** is a natural alternative to prescription drugs. **Abundant Mood** provides the synergy of essential nutrients that are necessary for mental and emotional stability:

L-methionine is key to maintaining clear detoxification pathways in the liver and brain. **Abundant Mood** supplies L-methionine in its activated free form. In the liver, the L-methionine in **Abundant Mood** acts to chelate heavy

metals, much-documented contributors to mental and emotional disorders. Research shows that **Abundant Mood** is superior to SAdMe (S-adenosylmethionine, which is converted in the body to methionine) as a natural anti-depressant.\*

Glycine, used by the brain as a control neurotransmitter, regulates sleep rhythms, thereby producing calmness and aiding sleep. It also sustains the phase II detoxification pathway in the liver, neutralizing and clearing toxins.\*

Magnesium, which is implicated in nerve irritability and mood instability, is also included in the **Abundant Mood** formula. Required for nerve transmission, adequate magnesium is necessary for maintaining normal mood levels.\*

### IMPROVE YOUR MOOD AND MORE

Researchers are increasingly discovering the importance of methionine in the treatment of depression. In a random, double-blind, placebo-controlled trial, oral supplementation of S-adenosylmethionine significantly improved symptoms of major depression. In another study of patients with major depression, researchers found an inverse relationship between plasma levels of S-adenosylmethionine and symptoms of depression.\*

In a random, double-blind study, researchers evaluated the effects of magnesium supplementation on premenstrual symptoms confirmed by the Menstrual Distress Questionnaire. The researchers discovered that magnesium significantly affected test scores and concluded, "These data indicate that magnesium supplementation could represent an effective treatment of premenstrual symptoms related to mood changes."\*

Considering the importance of the liver in the detoxification process, the correlation between adequate L-methionine and liver health is vital. It has been documented that the promotion of bile flow and improvement of membrane function occur with appropriate supplementation. Detoxification is essential for physical and mental stability. **Abundant Mood** ensures liver health, which in turn ensures better physical and mental health.\*

Full disclosure label (no hidden or inactive ingredients)

**Directions:** As a dietary supplement, take two (2) capsules on an empty stomach upon rising and two (2) capsules before bed or as directed by your health professional.

<b>SUPPLEMENT FACTS</b>		
Serving size: 2 Capsules		
Servings per container: 50		
Energized Nutrients	Amount per serving	% Daily Value
Magnesium (as aspartate & C16 and C18 alkyls†)	25 mg.	6
L-methionine (free)	500 mg.	*
Glycine (free)	500 mg.	*
L-aspartate (as magnesium)	500 mg.	*
Vegetable fiber (organic croscarmellose)	100 mg.	*
Kosher gelatin capsules	234 mg.	*

†From whole, untreated palm fruit and leaf  
\* Daily value not established

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Other Ingredients: None

**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.