

# Healthy Mood & Mental Well-Being Protocol\*

Objective	Product Recommendation	Dosage	Key Ingredients
Relieves occasional anxiety, stress, nervous tension, and restless sleep without causing daytime drowsiness*	<b>AnxiCalm®</b>	1 or 2 tablets twice daily. May take at bedtime to support restful sleep.* Children (ages 4-12): 1 tablet twice daily. May increase as recommended by a healthcare practitioner.	Narrow-leaved Coneflower ( <i>Echinacea angustifolia</i> ) Root Extract (EP107™) standardized for echinacoside and a unique, proprietary alkamide profile
Delivers clinically studied, enhanced bioavailable curcumin to support positive mood, cognition, focus, and healthy inflammation response**	<b>CuraPro® 750 mg</b> (Delivers a minimum of 500 mg of curcuminoids per softgel)	1 softgel daily, or as recommended by a healthcare practitioner.	Proprietary Complex: Curcumin ( <i>Curcuma longa</i> ) Rhizome Extract (BCM-95®/Curcugreen®) enhanced with turmeric essential oil and standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), phospholipids (from sunflower lecithin), supplying 500 mg of pure curcuminoids
Provides DHA and EPA to support healthy brain function, positive mood, mental calmness, and concentration*	<b>EurOmega-3®</b>	1-2 tablets daily, or as recommended by a healthcare practitioner.	Omega-3 Phospholipid Peptide Complex: Featuring Phospholipids, Omega-3 [DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid)] and bioactive peptides extracted from Atlantic Salmon ( <i>Salmo salar</i> ), in a balanced ratio as found in salmon; not chemically altered or artificially spiked with DHA/EPA
Provides bioactive forms of magnesium, zinc, and vitamin B6 to support positive mood, emotional well-being, and nervous system function*	<b>Magnesium + P-5-P</b>	1 capsule may be taken up to 4 times daily. 6-12 year olds: 1 per day, or as recommended by a healthcare practitioner.	Vitamin B6 (as pyridoxal-5-phosphate), Magnesium (from magnesium glycinate chelate), Zinc (from TRAACS™ Zinc bisglycinate chelate)
Delivers clinically studied HRG80™ Red Ginseng to support mental and physical energy, concentration, healthy cortisol, serotonin, and GABA levels, and resilience during times of occasional stress*	<b>Red Ginseng Energy</b>	Take 1 capsule daily. May increase to 1 capsule twice daily, or as recommended by a healthcare practitioner. Results improve with continued use.	Korean Red Ginseng ( <i>Panax ginseng</i> ) Root Powder (HRG80™) containing rare, noble ginsenosides
Supports vitamin D3 levels for mental well-being and overall health*	<b>Vitamin D3 Chewable</b>	1 tablet daily, or as recommended by a healthcare practitioner.	Vitamin D3 (as cholecalciferol)