



Vivalive

FastBraiiin Supplements, LLC

Nutritional support to improve negative mood, irritability, nervousness and sleep disturbances.**

Ingredients: 5-HTP, Hypericum perforatum, Turnera aphrodisiaca 6:1 extract, Forskolin extract 10%, Ashwagandha 5% with anolides, Schizandrol A, Pyridoxine HCl

Mechanism of Action: A high dose of 5 HTP to increase serotonin levels along with several herbs that have been shown to decrease stress, improve mood, and increase hormones.

5-HTP: Tryptophan is the precursor for making serotonin in the brain. Converts to melatonin at night to improve sleep.

Turnera Diffusa: Known as damiana. may help to decrease nervousness.

Forskolin: Increases cyclic AMP to improve the biological response of hormones to extracellular signals, thus increasing the effects of most endocrine hormones. Elevated brain cAMP levels are closely linked to antidepressant activity.

Hypericum Perforatum: Known as St. Johns Wort, *Hypericum Perforatum* is the subject of numerous studies showing decreases in depression symptoms with very few side effects and has been shown to be as effective as most SSRI with 50% less side effects. Metabolism is through cytochrome P450. Selectively inhibits reuptake of monoamines (dopamine, norepinephrine and serotonin).

Ashwagandha: Demonstrated to be as effective as some tranquilizers and antidepressant drugs. Specifically, oral administration of ashwagandha for five days suggested anxiety-relieving effects similar to those achieved by the anti-anxiety drug lorazepam (Ativan®), and antidepressant effects similar to those of the prescription antidepressant drug imipramine (Tofranil®).

Schizandrol A: Stimulates the central nervous system by increasing dopamine and thus improving clarity, alertness, and focus. It improves glucose uptake into tissues thus helping to stabilize sugar levels.

Pyridoxine HCl: Needed for the metabolism of 5-HTP to serotonin. It is an essential in enzyme activity in the brain and in the production of neurotransmitters.

Dosage: 1 capsule 2 times a day for help with mood and irritability, takes 3-4 weeks for improvement. Take 2 capsules 30 minutes before bed for sleep disorders.

Adverse reactions: Due to the effect hypericum has on cytochrome p450 there are several drug classes that should be monitored if taking; contraception, benzodiazepines, antiretrovirals, immunosuppressants, antiarrhythmics, beta-blockers, calcium channel blockers, statins. Watch for serotonin syndrome in patients on SSRI's. Hypericum can also increase sensitivity to sunburn. Always use a good suntan lotion. Not recommended when pregnant, as it is considered a Category B (St. John's Wort extract).

**** 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.**