New Roots Herbal Joyful

Start feeling good

• Strengthens serotonin production
• Balances mood
• Reduces anxiety
• Nonaddictive

tested in our ISO 17025 accredited laboratory

New Roots Herbal Joyful
Healthy Mood Balance Équilibre sain de l'humeur

newrootsherbal.com
Cheerful, happy, or “in good spirits” are among the many words used to define the term joyful. In reality, mental health is dynamic; it reflects our genetic makeup and the way it interacts with the montage of life experiences and situations we face on a daily basis. With this in mind, we formulated New Roots Herbal Joyful with 11 botanical extracts, amino acids, and bioactive forms of the vitamins pivotal for mood and cognition. The therapeutic goal of New Roots Herbal Joyful is to elevate mood while promoting relaxation and resistance to stressors that generate anxiety.

**Food for your Mood**

5-Hydroxytryptophan (5-HTP) is among the nutrients in New Roots Herbal Joyful that fuel serotonin production. Serotonin is the neurotransmitter that regulates communication between different parts of the brain to influence mood, appetite, healthy sleep behaviour, pain sensation, learning, memory, and more. L-Tryptophan further amplifies serotonin production for mood enhancement and healthy sleep patterns.

Our formula has a trio of additional nutrients that includes the biologically active, methylated forms of folic acid and vitamin B₁₂. Folic acid in its active form of methylfolate is beneficial for those suffering from depression and mood disorders. It is also critical for those with an impaired ability to convert folic acid to its active form. Vitamin B₁₂, as methylcobalamin,
protects nerve cells and stimulates serotonin production. **Vitamin B₆** helps the body produce neurotransmitters, all of which participate in the intricate nervous system functions that ultimately define us. These three nutrients also exert a collective benefit with their ability to metabolize homocysteine, which in elevated levels can negatively affect mood. Observational studies reported in *The New England Journal of Medicine* have also shown a correlation between high homocysteine levels and the risk of dementia and Alzheimer’s disease.

**New Roots Herbal Joyful** also contains **vitamin D₃**, the metabolically active form of the critical vitamin our body creates with exposure to the sun. Insufficient levels of D₃ are a common denominator for people with depression and seasonal affective disorder (SAD).

**Anxiety Management**
Anxiety is a feeling or sense of uncertainty about a possible event or situation with an uncertain outcome. Despite the fact many sources of anxiety may not be tangible threats, the perception of them as threatening can cause mental anguish and physical symptoms known as psychosomatic disorders.
New Roots Herbal Joyful is formulated with an additional 5 nutrients that help shield the brain from stressors and reduce the perception of anxiety. The amino acid l-theanine crosses the blood-brain barrier to reduce unnecessary excitement of neurotransmitters. Two hundred milligrams per capsule of gamma-aminobutyric acid (GABA) adds an inhibitory neurotransmitter that reduces excitability of the nervous system. It also increases alpha wave activity within the brain, synonymous with a relaxed state of mind. The duo of therapeutic botanical extracts magnolia and phellodendron was shown in controlled trials to work in unison to reduce subjective ratings of anxiety. Their mode of action is to bind with stress receptors to reduce stress and anxiety with the same sedating effects of prescription drugs. A potent extract of San-qi (Panax notoginseng) completes our formula with its neuroprotective properties, which suppress feelings of anxiety and induce a relaxed state of mind.

Each vegetable capsule contains:
- gamma-Aminobutyric acid (GABA) .................................................. 200 mg
- L-Theanine ................................................................. 83.33 mg
- L-Tryptophan .............................................................. 73.33 mg
- San-qi ginseng (Panax notoginseng) leaf 15:1 extract ................... 50 mg
- l-5-Hydroxytryptophan (l-5-HTP) (from Griffonia simplicifolia seed) 50 mg
- Phellodendron (Phellodendron amurense) bark extract, 1% berberine ........................................ 10 mg
- Magnolia (Magnolia officinalis) bark 50:1 extract, 80% honokiol + magnolol ........................................ 5 mg
- Vitamin D₃ (cholecalciferol) .................................................. 8.33 mcg (333.33 IU)
- Folic acid (from calcium l-5-methyltetrahydrofolate) ................... 0.333 mg
- Vitamin B₁₂ (methylcobalamin) ............................................ 0.333 mg
- Vitamin B₆ (pyridoxal-5’-phosphate) ...................................... 10 mg

Other ingredients: Vegetable magnesium stearate, silicon dioxide, and microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Suggested use:
- Adults: Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose. For healthy mood balance: Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

Manufactured under strict GMP (Good Manufacturing Practices).