NutraMedix

MoodMedix®

Applications

- Mood Support
- Healthy Inflammatory Response Support
- Immune Support
- Neurological Support

Introduction

NutraMedix MoodMedix® is a proprietary blend of hydro-ethanol extracts from **turmeric root** (*Curcuma longa*) and **Samento® cat's claw bark** (*Uncaria tomentosa*).

Turmeric root belongs to the Zingiberaceae family. It contains curcuminoids, one of which is the well-studied curcumin. Turmeric root also contains proteins, fatty acids, minerals and polysaccharides.[1] Turmeric root may help with occasional mood and emotional support as well as inflammatory response support.*[2,3]

Samento cat's claw bark belongs to the Rubiaceae family. It is extracted from a rare pentacyclic chemotype of *U. tomentosa*, verified by independent 3rd party HPLC testing to be free of TOAs, with levels in trace amounts or undetectable. This pentacyclic oxindole alkaloid (POA)-predominant, tetracyclic oxindole alkaid (TOA)-free form of cat's claw may help with healthy inflammatory response support, immune system support, and neurological support.*[4,5]

NutraMedix MoodMedix is made at our U.S. manufacturing facility using a specialized proprietary extraction process that optimizes the constituents of the herbs in their original, unprocessed state to obtain broad-spectrum concentration. Because our extracts are made in our own facility, we control all aspects of quality, including stringent ID testing, microbial testing, and heavy metal testing. NutraMedix rigorously follows current good manufacturing practices (cGMP), as do our suppliers.

Mood and Emotional Support

Turmeric root (*C. longa*) may help with emotional support and occasional low mood.*[2,6,7] A healthy mood depends on normal levels of neurotransmitters such as serotonin, norepinephrine, and dopamine, among others.[8] The monoamine oxidase (MAO) enzymes help break down these neurotransmitters and prevent levels from becoming elevated; however, they may also contribute to decreased levels.[9] Turmeric root may help support MAO-A and MAO-B levels already within the normal range,[10] which may help maintain levels of serotonin already within the normal range.*[11] Brain-derived neurotrophic factor (BDNF) is important for neuronal health and function, helping to support normal cognition and a healthy emotional state.[12] Turmeric root may help support BDNF levels and salivary cortisol levels already within the normal range.*[13,14]

Other Support

Inflammatory Response Support

Both **turmeric root** (*C. longa*) and **cat's claw bark** (*U. tomentosa*) may help support a healthy inflammatory response.*[3,5,15] **Turmeric root** may

help support CRP, TNF-alpha, and IL-6 levels already within the normal range.*[3] **Cat's claw bark** may help support NF-kappa B levels already within the normal range in a dose-dependent manner,[16,17] supporting both TNF-alpha and IL-1-beta within the normal range.*[17,18]

Immune System Support

Cat's claw bark (*U. tomentosa*) may help maintain a healthy immune response and support immune system homeostasis.* It may help maintain neutrophil, Th1, and Th2 levels already within the normal range.*[19–21] It should be noted that only TOA-free *U. tomentosa* (such as Samento) helps with immune support.*[4]

Neurological Support

Cat's claw bark (*U. tomentosa*) may help support neurological health and maintain healthy neuro-cognitive function.*[22,23]

Safety and Cautions

Turmeric root (*C. longa*) and **cat's claw bark** (*U. tomentosa*) are generally well tolerated, though gastrointestinal effects such as nausea, constipation, or diarrhea are possible.[24,25] Both may inhibit P450 CYP3A4 enzymes and therefore may slow the metabolism of drugs metabolized by CYP3A4.[24,25]

Turmeric root (*C. longa*) may have additive effects with hypoglycemic drugs, anticoagulant drugs, and warfarin.[24] It may increase blood levels of amlodipine, sulfasalazine, and tacrolimus, the last of which is attributed to CYP3A4 inhibition.[24] The antioxidant activity of turmeric root may oppose the prooxidant action of alkylating drugs and antitumor antibiotics.[24] Turmeric root can cause gallbladder contractions and should be used with caution in gallbladder disease.[24] It is possible that turmeric root may increase the risk of hepatotoxicity when taken in high doses with hepatotoxic drugs.[24]

Cat's claw bark (*U. tomentosa*) is generally well tolerated. Gastrointestinal effects such as nausea, constipation, and diarrhea have been reported.[25] Cat's claw bark should be avoided in those taking immunosuppressants, as it may interfere with immunosuppressant therapy.[25] It may inhibit P450 CYP3A4 enzymes and therefore may slow the metabolism of drugs metabolized by CYP3A4.[25] Cat's claw bark may have additive effects with anticoagulants, generally attributed to the TOAs rhynchophylline and isorhynchophylline,[26] as well as additive effects with hypotensive drugs, generally attributed to the TOAs rhynchophylline and isorhynchophylline.[27,28] **As a reminder, Samento cat's claw is TOA-free, with levels in trace amounts or undetectable.**

Safety is not documented in breastfeeding or pregnant women, or in children under age 3, due to insufficient safety research.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, or prevent any diseases.

References

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NutraMedix.

SHAKE WELL BEFORE EACH USE.
For occasional mood or emotional support, take 10 drops 2-8 times per day as needed, or as directed by your physician. Put drops in 4oz (120mL) of water and wait one minute before drinking. Do not use if pregnant or nursing. Stop use if adverse reactions develop. Keep out of reach of children.

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MoodMedix®

MOOD / EMOTIONAL SUPPORT †

Dietary Supplement

1 fl oz. (30mL)

Supplement Facts

Serving Size 10 drops
Servings Per Container 60

Amount Per Serving

Proprietary Blend	0.5 mL*
Turmeric root extract and *Uncaria tomentosa* bark extract (Pentacyclic chemotype)	

*Daily Value not established

Other ingredients: mineral water, ethanol (20-24%)

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V364445

Lot #
Exp.

PROFESSIONAL USE ONLY