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Vitalyze™

Why Vitalyze?

According to the CDC nearly one in ten U.S. adults report symptoms of depression.¹ Patients diagnosed with this devastating mental disorder may experience a severe impact on their quality of life as well as further progression of other health conditions and diseases. Vitalyze provides an all-encompassing approach to combating emotional and mood disturbances with nutrients, botanicals, and amino acid precursors to support mood, cognition, and stress-management. 5-hydroxytryptophan and N-acetyl-L-tyrosine are the precursors for the neurotransmitters serotonin, dopamine, epinephrine, and norepinephrine, balanced levels of which are all responsible for a healthy emotional outlook. **Vitalyze** also includes L-theanine as Suntheanine™, Rhodiola, and Bacopa, to promote a calm sense of alertness and cognitive awareness. Finally **Vitalyze** helps promote a healthy response to stress with GABA and the adaptogenic properties of Rhodiola and Bacopa.

A Natural and Uplifting Alternative to the Depressing Findings

Anti-depressant medications, such as SSRIs (*selective serotonin reuptake inhibitors*) and MAOIs (*monoamine oxidase inhibitors*) are some of the most commonly prescribed medications in the United States today. Despite their popularity, there have been inconsistent reviews regarding their effectiveness. A 2010 meta-analysis released in JAMA found that antidepressant medications provided little benefit over placebo when used with mild to moderate depression.² A similar 2007 NEJM evaluation established that pharmaceutical companies selectively publish studies on antidepressants that do show benefit, but release very few of the studies that show these drugs are ineffective.³ It is also estimated that nearly 86% of patients using antidepressant medications experience side effects, including sexual dysfunction, fatigue, sleep issues, cognitive changes, GI discomfort, and weight gain.

With these dismal findings, more patients are seeking a natural and effective solution for improving their emotional well-being. Utilizing **Vitalyze** as part of your mental wellness protocol can provide a natural and side-effect-free way to support your patients' emotional health.



5-HTP – 5-hydroxytryptophan is the enzymatically hydroxylated form of the amino acid tryptophan and serves as the precursor to the neurotransmitter serotonin. Insufficient activity of serotonin has been linked to both mood and sleep disorders.⁴ Unlike L-tryptophan, 5-HTP is well absorbed from an

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

Amount per Serving		% DV*
Vitamin B6 (as pyridoxal 5'-phosphate	5 mg	250%
Folate (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt; calcium folinate)	200 mg	100%
Vitamin B12 (as methylcobalamin)	1 mg	167%
Bacopa monnieri (20% bacosides A&B)		100 mg†
St. John's Wort (0.3% hypericin; 3% hyperforin)		100 mg†
N-acetyl L-tyrosine		75 mg†
5 - HTP (5-hydroxytryptophan)		75 mg†
L-theanine (Suntheanine™)		75 mg†
GABA		75 mg†
Rhodiola rosea ext (3% rosavins; 1% salidroside)		50 mg†

*Percent daily values (%DV) are based on a 2,000 calorie diet. †Percent daily values not established.

OTHER INGREDIENTS: microcrystalline cellulose, vegetable capsule (HPMC water), magnesium stearate, silicon dioxide

Suggested Use: As a dietary supplement, take 1 capsule daily for emotional wellbeing and mental acuity, or as directed by your healthcare professional. For best results, combine with **Elevate RxS**.

Warnings: If pregnant or breastfeeding or currently taking SSRIs, MAO inhibitors, or other medications, consult with healthcare provider before use.



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oral dose, with about 70% entering the bloodstream. It can easily cross the blood-brain barrier to effectively increase central nervous system (CNS) synthesis of serotonin for positive effects on mood.⁵

N-Acetyl L-Tyrosine – The nutritional precursor to the catecholamine neurotransmitters dopamine, norepinephrine, and epinephrine. Both dopamine and norepinephrine are associated with feelings of alertness, focus, and improvements in mood. N-acetyl L-tyrosine is the water soluble and more bioavailable form of tyrosine.

St. John's Wort (*Hypericum perforatum*) – This perennial herb native to Europe has been used extensively for the treatment of mood disorders. The biologically active constituents in St. John's Wort are hyperforin and hypericin. These substances are believed to interfere with serotonin reuptake much like the major class of depression drugs selective serotonin reuptake inhibitors (SSRIs).⁶ In a Cochrane review of 29 trials evaluating the effectiveness of St. John's Wort, it was more effective than placebo, had a similar mechanism of action as antidepressant medications, and was better tolerated with fewer side-effects than standard antidepressants.⁷

Bacopa (*Bacopa monnieri*) – An aquatic plant that has been used for thousands of years for the support of motivation, cognition, memory, and sensory and motor function. Bacopa has been shown to provide an adaptogenic effect in various stress models, animal studies have shown that in acute stress, treatment with Bacopa may help normalize plasma cortisol levels and neurotransmitters.⁸ In addition to having positive benefits on the stress response, Bacopa has also gained a reputation as a memory tonic and brain antioxidant. In a study of 54 elderly adults exhibiting symptoms of dementia, daily supplementation with Bacopa was found to improve delayed word recall memory scores when compared with placebo.⁹ Bacopa was also shown to attenuate oxidative stress as evident by decreased lipid peroxidation, indicating it may also provide therapeutic potential as a neuroprotective agent.¹⁰

Rhodiola (*Rhodiola rosea*) – This adaptogenic herb grows in the cold and arctic regions of the world. Pilot studies have shown that it supports mood and mental acuity via modulation of both serotonin and dopamine levels.¹¹ A randomized, double-blind, placebo-controlled study of individuals suffering from stress-related fatigue concluded that repeated administration of Rhodiola exerted an anti-fatigue effect that increased mental performance and decreased cortisol.¹² Rhodiola has also demonstrated anti-depressive potency in patients with mild to moderate depression.¹³

L-theanine as SunTheanine™ – This amino acid is derived from green tea and has been shown to promote calming and relaxation without inducing drowsiness. Theanine naturally occurs in D and L forms and only the D form has been found to

be well-absorbed and have positive effects on neurological function. **Vitalyze** uses SunTheanine™, the only form of L-theanine produced via a patented fermentation process that mimics the natural process in green tea leaves, resulting in a 100% pure L-isomer-theanine.

GABA – Gamma-amino-butyric acid is the most important and widespread inhibitory neurotransmitter in the brain. GABA deficiency has been associated with racing thoughts, depression, panic attacks, and other mood disorders. Oral GABA supplementation has been shown to support relaxation and promote immunity during acute stress.¹⁴

Folate (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic™) – Quatrefolic™ is the glucosamine salt of (6S)-5-methyltetrahydrofolate, structurally analogous to the reduced and active form of folic acid. In vitro and in vivo studies have proven that Quatrefolic™ has greater stability, solubility, and bioavailability over calcium salt forms of 5-MTHF. Folate as 5-methyltetrahydrofolate works in concert with vitamin B12 (methylcobalamin) and vitamin B6 (pyridoxal 5'-phosphate) in the methylation pathways that promote neurotransmitter synthesis.



- ¹An Estimated 1 in 10 U.S. Adults Report Depression. Centers for Disease Control and Prevention (CDC), 2011.
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- ³Turner, E.H., et al., Selective publication of antidepressant trials and its influence on apparent efficacy. *N Engl J Med*, 2008. 358(3): p. 252-60.
- ⁴Meyers, S., Use of neurotransmitter precursors for treatment of depression. *Altern Med Rev*, 2000. 5(1): p. 64-71.
- ⁵Birdsall, T.C., 5-Hydroxytryptophan: a clinically-effective serotonin precursor. *Altern Med Rev*, 1998. 3(4): p. 271-80.
- ⁶Leuner, K., et al., Hyperforin—a key constituent of St. John's wort specifically activates TRPC6 channels. *FASEB J*, 2007. 21(14): p. 4101-11.
- ⁷Linde, K., M.M. Berner, and L. Kriston, St John's wort for major depression. *Cochrane Database Syst Rev*, 2008(4): p. CD000448.
- ⁸Sheikh, N., et al., Effect of Bacopa monnieri on stress induced changes in plasma corticosterone and brain monoamines in rats. *J Ethnopharmacol*, 2007. 111(3): p. 671-6.
- ⁹Calabrese, C., et al., Effects of a standardized Bacopa monnieri extract on cognitive performance, anxiety, and depression in the elderly: a randomized, double-blind, placebo-controlled trial. *J Altern Complement Med*, 2008. 14(6): p. 707-13.
- ¹⁰Limpeanchob, N., et al., Neuroprotective effect of Bacopa monnieri on beta-amyloid-induced cell death in primary cortical culture. *J Ethnopharmacol*, 2008. 120(1): p. 112-7.
- ¹¹Kelly, G.S., Rhodiola rosea: a possible plant adaptogen. *Altern Med Rev*, 2001. 6(3): p. 293-302.
- ¹²Olsson, E.M., B. von Scheele, and A.G. Panossian, A randomised, double-blind, placebo-controlled, parallel-group study of the standardised extract shr-5 of the roots of Rhodiola rosea in the treatment of subjects with stress-related fatigue. *Planta Med*, 2009. 75(2): p. 105-12.
- ¹³Darbiyan, V., et al., Clinical trial of Rhodiola rosea L. extract SHR-5 in the treatment of mild to moderate depression. *Nord J Psychiatry*, 2007. 61(5): p. 343-8.
- ¹⁴Abdou, A.M., et al., Relaxation and immunity enhancement effects of gamma-aminobutyric acid (GABA) administration in humans. *Biofactors*, 2006. 26(3): p. 201-8.

*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.

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