

Mood Symptoms* Are Systems out of Alignment



As modern life becomes increasingly stressful, people are seeking out natural products that promote calmness and relaxation. But unless your supplement addresses multiple body systems, a healthy positive outlook may be out of reach.

POSITIVE THOUGHTS Bio-Aligned Formula supports the interrelated systems and functions involved with emotional balance: inhibitory, stimulating and balancing neurotransmitters, and energy metabolism. This comprehensive herbal-nutrient blend features St. John's wort, which has been clinically shown to support a good mood.



*The term symptom as used above refers to the effects of nutrient shortages or imbalances and is not related to the diagnosis, treatment, cure, or prevention of any disease.



SOURCE NATURALS®

Strategies for WellnessSM

A Bio-Aligned Formula™

POSITIVE THOUGHTS is designed to bring alignment to the multiple, interconnected systems that influence a positive mood. Here's how:

Neuro-Modulation—Inhibitory

Neurotransmitters are brain chemicals that aid in the process of nerve cell communication. Inhibitory neurotransmitters, such as GABA, reduce brain stimulation, helping to support a sense of relaxation and calm. The nerve cell membrane-stabilizing properties of taurine also support relaxation, as do the included herbs. In addition to supplying GABA and taurine, POSITIVE THOUGHTS supports inhibitory neuro-modulation with kava, lemon balm, valerian, and vitamin B-6.



Neuro-Modulation—Stimulating

Stimulating neurotransmitters help promote drive, ambition, alert mental functioning, and memory. They support a positive mental outlook by providing a feeling of energy and vitality. POSITIVE THOUGHTS supports stimulating neuro-modulation with DMAE, L-phenylalanine, L-tyrosine, *N*-acetyl-L-tyrosine, and vitamins B-5 and B-6.

Neuro-Modulation—Balancing

In our high-powered, stress-filled world, the balancing properties of St. John's wort can help maintain a positive outlook and a sense of well-being. Studies have shown that St. John's wort can help support a positive mood.

Acetylcholine Production

Acetylcholine is one of the most important neurotransmitters in the brain. It is vital for memory, cognitive function, focus, concentration, and muscle movement. POSITIVE THOUGHTS contains DMAE, vitamins B-1, B-5 and B-12, and pantothenic acid to support acetylcholine production.

Energy Metabolism

The brain's energy supports the vast electric, chemical, and structural processes that are the basis of a positive outlook. The brain uses 60% of the glucose used by the body at rest. Nutrients help convert glucose to the energy that the brain requires. They are also a component of many coenzymes needed for the synthesis of key neurotransmitters. POSITIVE THOUGHTS addresses energy metabolism with these nutrients: magnesium, manganese, zinc, vitamins B-1, B-2, B-3, B-5, B-6, B-12 and C, biotin, and folic acid.

Strategies for WellnessSM:

A Healthy Mood Plan

Lifestyle choices can help you maintain a positive attitude in response to the normal stresses of everyday life.

- **Simplify Your Life:** Is it important to have a luxury car or a large house? If so, you will have to work long hours and worry about making ends meet. How important are all the activities in your busy schedule? Choose one or two you truly enjoy and reevaluate your commitment to the others.
- **Eat Well:** Anxiety drains your energy, so it is important to nourish your body in the face of stress. Eat fruits, vegetables, whole grains, and high-protein foods, and consider taking nutritional supplements. What you eat can influence your mood—keep track of which foods help or hinder you. Avoid excessive caffeine, alcohol and sugar, which raises energy in the short term but leads to depleted energy over time.
- **Get Active:** Exercise improves blood flow to your brain, and helps release “feel good” chemicals called endorphins into your blood stream. Physical activity also takes your mind off your troubles and helps you focus on things outside yourself.
- **Meditate:** This effective relaxation method can divert your mind from problems, give you time to recuperate, and help with clear thinking, focus and concentration. It also slows your breathing, allowing your lungs to fill with fresh oxygen—your body’s fuel—and to release waste products.

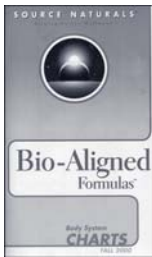


- **Express Yourself:** Keeping a journal is a great way to think about what upsets you and how it can be changed. Artistic expression—drawing, painting, or sculpting—may help reconcile inner conflicts and foster self-awareness. Dance or movement therapy may be your preferred mode of expression, especially for gaining a sense of ease with your body. Or music may help you relax or feel upbeat.
- **Share Your Feelings:** Develop supportive relationships—just talking to friends or family, even without finding solutions, can help you feel better. And you may get insights that help you articulate what you are struggling with. Know when to seek professional help if problem become overwhelming.

Positive Thoughts is a Bio-Aligned Formula™

Multi-System Support for a Good Mood

Neuro-Modulation—Inhibitory	GABA, Lemon Balm, Taurine, Valerian, Vitamin B-6
Neuro-Modulation—Stimulating	DMAE, L-Phenylalanine, L- Tyrosine, N-Acetyl-L-Tyrosine, Vitamins B-5 & B-6
Neuro-Modulation—Balancing	St. John's Wort
Acetylcholine Production	DMAE, Vitamins B-1, B-5 & B-12, Pantothenic Acid
Energy Metabolism	Magnesium, Manganese, Zinc, Vitamins B-1, B-2, B-3, B-5, B-6, B-12 & C, Biotin, Folic Acid



To learn more about Source Naturals Bio-Aligned Formulas™, visit our website, www.sourcenaturals.com, or look for the Bio-Aligned Chart Book at participating health food stores.

References:

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The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.