

# COGNITIVE & MOOD SUPPORT FOR HEALTHY LIVING<sup>‡</sup>



PUSH YOUR POTENTIAL.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



## COGNITIVE & MOOD

As we age, changes occur in many areas of our brain — notably in the prefrontal cortex and hippocampus — that can affect brain volume, neurotransmitter levels, protein and glucose metabolism, blood flow and blood vessel structure. These changes may impact our memory recall, ability to perform tasks, emotional well-being and compromise our overall quality of life. Factors such as genetics, diet, exercise and the environment can all influence cognitive health during later years. Emerging research continues to focus on how we may be able to provide nutritional support during many of the normal, age-related changes we observe in brain function.‡

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## ADVISORY BOARD



### PETER BONGIORNO, N.D., L.Ac.<sup>+</sup>

Dr. Bongiorno is president of the NY Association of Naturopathic Physicians and co-medical director of Inner Source Health in New York with his wife, Dr. Pina LoGiudice. In 2010, he authored the first comprehensive textbook designed to teach physicians how to use natural medicine for mood support. Dr. Bongiorno has been regularly interviewed on national television and radio as a natural medicine expert, and writes articles for national media, including Psychology Today.

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### ABOUT US

For over 65 years, Douglas Laboratories® has been dedicated to meeting the needs of healthcare professionals. As a globally recognized leader in the development of innovative, science-based nutritional supplements, we strive to help healthcare professionals and their patients push their potential for healthy living, today and in the future.‡

<sup>+</sup>Dr. Bongiorno is a retained advisor to Atrium Professional Brands.

\*\*Valid in the USA and for online orders over \$100 only. Cannot be combined with any other promotions. Free standard shipping will apply to entire order and become available under shipping method.

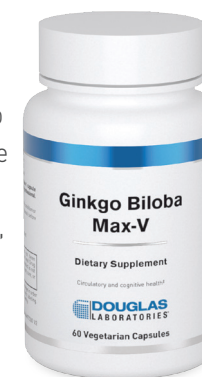
## COGNITIVE & MOOD PRODUCTS

### Ginkgo Biloba Max-V *Circulatory and cognitive health*‡

Ginkgo Biloba Max-V contains 60 mg of the herb *Ginkgo biloba* in a vegetarian capsule. The active ingredients, ginkgo flavone glycosides, may help protect the body from free radical damage, as well as help maintain healthy circulatory function and mental performance.‡

**SUGGESTED USAGE: 1 CAPSULE, TWICE DAILY**

Serving Size 1 Vegetarian Capsule  
Servings Per Container 60



Amount Per Serving	
Ginkgo Powder ( <i>Ginkgo biloba</i> L., leaf, non-standardized)	150 mg
Ginkgo Herbal Extract ( <i>Ginkgo biloba</i> L., leaf, standardized to provide 14.4 mg of ginkgo flavone glycosides (24%))	60 mg

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), vegetable stearate and silica

Formula	Size
77330	60 Vegetarian Capsules

### Lecithin 1200 mg *Neurological and cardiovascular health*‡

Lecithin, supplied in softgels derived from sunflower seeds, provides phospholipids to support neurological and cardiovascular health.‡

**SUGGESTED USAGE: 1 DAILY**

Serving Size 1 Softgel  
Servings Per Container 100



Amount Per Serving	
Calories	10
Total Fat	1 g
Polyunsaturated Fat	0.5 g
Lecithin (from sunflower)	1,200 mg

Other ingredients: Capsule (bovine gelatin, glycerin and purified water)

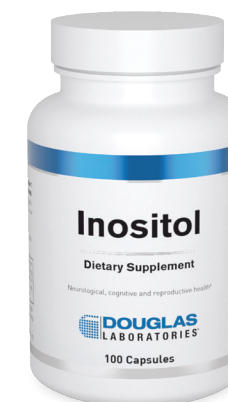
Formula	Size
202254	100 Softgels

### Inositol *Neurological, cognitive and reproductive health*‡

Inositol supplies 650 mg of inositol, also known as myo-inositol, for neurological health, behavior and mood stability support and healthy ovarian function.‡

**SUGGESTED USAGE: 1 DAILY**

Serving Size 1 Capsule  
Servings Per Container 100



Amount Per Serving	
Inositol	650 mg

Other ingredients: Gelatin (capsule), microcrystalline cellulose and vegetable stearate

Formula	Size
80801	100 Capsules



**For a full listing of our Cognitive & Mood Support Products‡, visit [douglaslabs.com/cognitive](https://douglaslabs.com/cognitive)**

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### MCT/Butyrate Liquid with SunButyrate™

Supports cognitive function and ketone production‡

MCT/Butyrate Liquid with SunButyrate™ combines two unique ingredients to fuel the brain by way of ketone production. Ketones are energy-producing molecules made from fatty acids such as medium-chain triglycerides (MCT) and butyrate triglycerides. MCT/Butyrate Liquid with SunButyrate™ provides highly concentrated caprylic acid and butyric acid in a pleasant, lemon vanilla-flavored liquid featuring SunButyrate™, a novel ingredient that provides stable, tasty butyrate.‡



#### SUGGESTED USAGE: 1 TABLESPOON, 1-3 TIMES DAILY WITH MEALS

Serving Size 1 Tablespoon (15 ml) • Servings Per Container 30

Amount Per Serving	
Calories	130
Total Fat	14 g
Saturated Fat	10 g
Medium-Chain Triglycerides	8.6 g
Providing 8 g caprylic acid (C8)	
SunButyrate™ Butyrate Triglyceride	5 g
Providing 965 mg butyric acid	

Other ingredients: Natural vanilla flavor, lemon oil, mixed tocopherols (from sunflower) and rosemary extract

SunButyrate™ is a trademark used under license.

Formula	Size
57689	460 ml (15.6 fl oz) Liquid

### Optimized Curcumin with Neurophenol®

Bioavailable curcumin and support for healthy cognitive performance‡

Optimized Curcumin with Neurophenol® is a unique formula containing two clinically supported and trademarked ingredients: Longvida® Optimized Curcumin with extended absorption and bioavailability, and Neurophenol®, a proprietary blend of standardized blueberry and grape extracts.

#### SUGGESTED USAGE: 2, 1-2 TIMES DAILY

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	
Longvida® Optimized Curcumin Extract (from <i>Curcuma longa</i> , rhizomes)	400 mg
Proprietary Neurophenol® Blend	300 mg
Providing 85 mg of flavonoids (flavan-3-ols, phenolic acids, flavonols, anthocyanins, resveratrol) from:	
Grape Extract ( <i>Vitis vinifera</i> , fruit) and Wild Blueberry Extract ( <i>Vaccinium angustifolium</i> , fruit)	

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, sunflower lecithin, stearic acid, maltodextrin, ascorbyl palmitate and silicon dioxide

Longvida® extract is patented under US 9192644 & EP 1993365 (other patents pending) and Longvida® is a registered trademark of Verdure Sciences Inc.

Neurophenol® is a registered trademark used with permission.

Formula	Size
202524	60 Vegetarian Capsules



### PQQ Plus with BioPQQ®

Neurological health‡

PQQ Plus supplies 20 mg pyrroloquinoline quinone (PQQ) and 50 mg of alpha glycerylphosphoryl choline (alpha GPC) in each vegetarian capsule for neurological health. Evidence indicates PQQ can support several signal transduction pathways that are important in maintaining mitochondrial homeostasis and oxidative function, as well as supporting healthy levels of nerve growth factor and receptor activity.‡

#### SUGGESTED USAGE: 1 DAILY

Serving Size 1 Vegetarian Capsule  
Servings Per Container 30

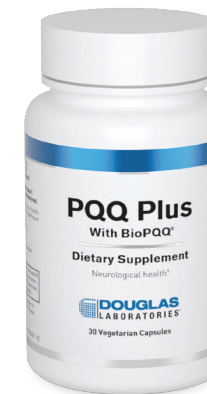
Amount Per Serving	
BioPQQ® (as pyrroloquinoline disodium salt)	20 mg
Alpha GPC (alpha glycerylphosphorylcholine (from soy))	50 mg

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), vegetable stearate and silica

Contains: Soy

BioPQQ® is a registered trademark of MGC (Japan).

Formula	Size
200559	30 Vegetarian Capsules



### SAM-e

Support for mood, methylation and healthy joints‡

SAM-e delivers 200 mg of S-adenosyl-methionine in acid-resistant capsules that provide both protection and pH-targeted release in intestinal fluid. SAM-e is a methyl donor in the methylation reactions shown to form monoamine neurotransmitters such as dopamine, serotonin and norepinephrine. Human studies show SAM-e supports positive mood and healthy central nervous system function.‡

#### SUGGESTED USAGE: 1-2 DAILY

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

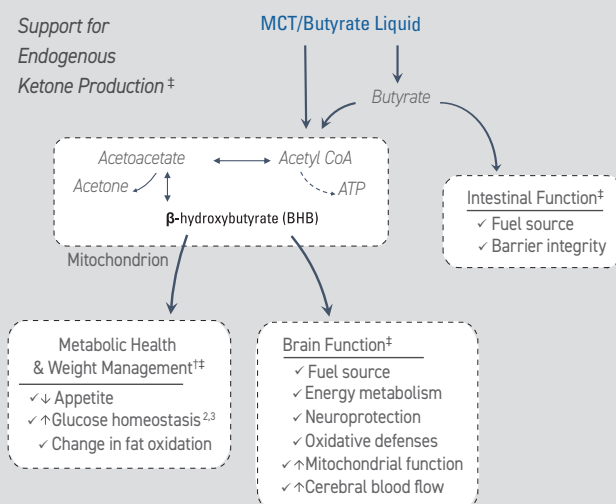
Amount Per Serving	
SAMe (as S-adenosylmethionine from S-adenosyl-L-methionine disulfate tosylate)	200 mg

Other ingredients: Capsule (hydroxypropyl methylcellulose, gellan gum, water), microcrystalline cellulose, calcium oxide, ascorbyl palmitate and calcium chloride

Formula	Size
202170	60 Vegetarian Capsules



Support for Endogenous Ketone Production‡



Douglas Laboratories® provides evidence-based, complementary options for effective ketone augmentation and associated cognitive and metabolic health benefits.‡

- The MCTs in MCT/Butyrate Liquid increase endogenous ketone production by elevating acetyl CoA, the body's designated ketogenic precursor. In addition to promoting endogenous ketone production, butyrate serves as a fuel source for the intestinal tract and offers support for barrier function.‡

2. Occurs with endogenous ketones. More research is needed to determine whether exogenous ketones emulate this effect.  
3. MCT supplementation moderates postprandial glucose when given before meals.  
† Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

## EASY ORDERING

Placing orders is easy, whether you choose to do so **online** at [douglaslabs.com](http://douglaslabs.com), or by **contacting customer service**.

#### Customer service contact information:

800.245.4440

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## COGNITIVE AND MEMORY

To support factors related to healthy brain aging and cognitive function.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Foundational support for memory and cognitive function	Subjective memory recall, episodic and verbal recognition tests	<b>Optimized Curcumin with Neurophenol<sup>®</sup></b> Formula: 202524	2 capsules daily
Maintain healthy cytokine balance	Lab Analysis: Omega-3 fatty acid Index; Hs-CRP < 1.0 mg/dL; A/G ratio > 1.8, albumin > 4.5 g/dL	<b>QÜELL<sup>®</sup> Fish Oil Ultra EPA/DHA</b> Formula: 200981	2 softgels daily with food
		<b>Wobenzym<sup>®</sup> Plus</b> Formula: 201910	2 tablets twice daily without food
Provide brain fuel; support ketogenesis; support cerebral blood flow	Subjective brain fog, memory recall and recognition Measure ketone levels, target ketosis 0.5-4 mmol/L; Ketogenic diet or intermittent fasting diet	<b>MCT/Butyrate Liquid with SunButyrate<sup>™</sup></b> Formula: 57689	1 tbsp. 3 times daily or as needed
Support SIRT1 activity	Subjective memory recall	<b>Acetyl-L-Carnitine 500 mg</b> Formula: 82730	1-4 capsules daily
Supports healthy brain aging by activating SIRT1	No assessment	<b>Resveratrol</b> Formula: 200244 <b>OR</b> <b>Methylated Resveratrol Plus</b> Formula: 202557	1 capsule daily with food
Optimize mitochondrial function and antioxidant status	Oxidative stress Organic Acids Test	<b>Juvenon Pro Cognitive</b> Formula: 201308	3 capsules daily
		<b>Ubiquinol-QH</b> Formula: 201899	1-2 softgels daily
		<b>PQQ Plus with BioPQQ<sup>®</sup></b> Formula: 200559	1-2 capsules daily
		<b>Selenium Plus</b> Formula: 81802	1 capsule daily with food

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Optimize Cu:Zn ratio	Lab Analysis: Supplement if zinc < 80 or copper:zinc > 1:3 Vitamin C target level 1.3-2.5	<b>Zinc Picolinate</b> Formulas: ZNP, 7440	1 tablet or capsule daily
		<b>C-1000</b> Formula: 202744	1 capsule daily
Optimize healthy methylation, B <sub>12</sub> , homocysteine metabolism	Lab Analysis: Target levels: Homocysteine < 7 Vitamin B <sub>12</sub> > 500 Folate 10-25 Vitamin B <sub>6</sub> 60-100	<b>Methyl B12 Plus</b> Formula: 202273	3 capsules daily
		<b>Liquid B<sub>12</sub> Formulated with Methylcobalamin</b> Formula: 200159	1 ml daily
Optimize Vitamin D levels	Lab Analysis: Target 25OH-D <sub>3</sub> = 50-100 ng/ml	<b>K<sub>2</sub>-D<sub>3</sub> With Astaxanthin</b> Formula: 202114	1 capsule daily
		<b>Liquid Vitamin D<sub>3</sub></b> Formula: 57738	1-10 drops daily
Support healthy insulin function	Lab Analysis: Target fasting insulin < 7; HgbA1c < 5.5	<b>Berberine Balance</b> Formula: 201131	1 capsule twice daily
		<b>Chromium Picolinate 250mcg</b> Formula: 7417	1 tablet daily
Support the body's natural detoxification process	Lab Analysis: Evaluate mercury, lead, arsenic, cadmium; mycotoxins	<b>Liposomal Glutathione</b> Formula: 202466	1 softgel twice daily
		<b>N-Acetyl-L-Cysteine 750 mg</b> Formula: 202749	1 capsule daily
Optimize sleep	Assess: Sleep quality- 8 hours of restful sleep	<b>Melatonin PR 3 mg</b> Formula: 83199	1/2 - 1 tablet before bed

Available for download at: [douglaslabs.com/protocols](https://douglaslabs.com/protocols)

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\*Please note that patients may not require all supplements listed.

\*\*Valid in USA and for online orders only. Cannot be combined with other promotions.

## MOOD

To help identify which patients will benefit from mood and emotional support related to neurotransmitter health, or whether the focus should best be directed to maintaining the body's physiological systems that may affect mood, such as sleep, hormone, nutrient, blood sugar and digestive balance. Providing support for these physiological systems may have a profound effect on one's mood, but the combination of both approaches may also be necessary for certain individuals.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS <sup>*</sup>	DOSING
Basic mood support	Dietary assessment	<b>Ultra Preventive*</b> multivitamin/mineral Formula: Various	As directed on bottle with food
		<b>QÜELL Fish Oil* EPA/DHA Plus D</b> Formula: 200981	1-2 softgels daily with food
Mood and sleep support	Trouble falling asleep	<b>Melatonin 3 mg</b> Formula: 202274	1 capsule, 1 hour before bedtime
		<b>Melatonin Prolonged Release 3 mg</b> Formula: 83199	½ -1 tablet at bedtime
		<b>L-Tryptophan</b> Formula: 202677	2-4 capsules at bedtime with a nonprotein simple carbohydrate food
		<b>Sereniten Plus</b> Formula: 201348	1-2 capsules, twice daily, without food
Mood support and hormonal balance	Daytime cortisol  Serum DHEA  Total and free testosterone	<b>AdrenoMend™ (adaptagen)</b> Formula: 200529	2-4 capsules, in the morning, with food
		<b>ThyroMend™</b> Formula: 202703	2 capsules daily with food
		<b>DHEA</b> Formulas: 83025, DHEA1, 83050, DHEA, DHEA5, DHP	5 - 50 mg daily as needed
		<b>TestoGain™</b> Formula: 201397	1 - 2 capsules twice daily with food
Mood and nutrient support	Vitamin D status  MTHFR gene test suggests compromised folate status  Compromised folate status accompanied by elevated homocysteine  Serum iron and ferritin assessment	<b>Vitamin D 125 mcg (5,000 IU)</b> Formula: 200562	5,000 IU - 12,500 IU daily with food
		<b>Methyl Folate 5 mg</b> Formula: 202686	1 - 15 mg daily
		<b>Timed Release Iron</b> Formula: 7962	1 tablet twice daily
Mood support with focus on healthy digestion	Low mood, low energy Patient may also have one or all of the following: bloating, diarrhea or constipation, belching, foul smelling stools	<b>GI Digest</b> Formula: 201538	1 capsule with each meal
		<b>Multi-Probiotic* 40 Billion</b> Formula: 202634	2 capsules daily with food

\*Please note that patients may not require all supplements listed.  
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

## NEURO-ENDOCRINE

To differentiate between hyper and hypo adrenal states where feedback in the HPA axis has been lost, and to help support the parasympathetic nervous system. This protocol will highlight the assessment of several neuro-endocrine hormones that have, been shown to modify metabolism. Additionally, it will provide recommendations for support of these various metabolic pathways.<sup>‡</sup>

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS <sup>*</sup>	DOSING
Adrenal support for hyperadrenal states  Reswoop  Maintain healthy glucocorticoid levels	Orthostatic vital sign measurement  Monitor glucocorticoid/cortisol levels  Self-reported sleep onset, irritability, restlessness  BMI	<b>Sereniten Plus</b> Formula: 201348	1-2 capsules, twice daily, without food
		<b>Melatonin Prolonged Release 3 mg</b> Formula: 83199	1 capsule, before bed
		<b>GABA (optional)</b> Formula: 80611	1 capsule, twice daily, without food
Adrenal support for hypoadrenal states  Healthy cortisol release  Adrenal fatigue support	Orthostatic vital sign measurement  Monitor glucocorticoid levels  Self-reported energy levels and sleep quality  BMI	<b>Sereniten Plus</b> Formula: 201348	2 capsules, twice daily, with a gradual decrease to 1, twice daily, without food
		<b>Melatonin 3 mg</b> Formulas: 202274	1-3 capsules or dissolvable tablets, before bed
		<b>AdrenoMend™ (adaptagen)</b> Formula: 200529 <b>OR</b> <b>Adrenplus-300 (glandular)</b> Formula: 7221	2-4 capsules, in the morning, with food
			1 capsule, twice daily, without food
Healthy stress response  Maintain healthy cortisol and DHEA balance	Cortisol and DHEA  Adrenal fatigue  Post-menopausal status  Monitor DHEA, estradiol, progesterone, and bioavailable testosterone	<b>Sereniten Plus</b> Formula: 201348	1-2 capsules, twice daily, without food
		<b>Relora®-Plex</b> Formula: 98739 <b>OR</b> <b>GABA</b> Formula: 80611	1 capsule, twice daily
		<b>DHEA if indicated</b> Formulas: 83025, DHEA1, 83050, DHEA, DHEA5, DHP	1-2 capsules daily, without food 5-50 mg as needed
Dopamine support	Self-reported food cravings  Behavioral health	<b>L-Tyrosine</b> Formula: 7549	1-2 capsules, twice daily, without food
		<b>Sereniten Plus</b> Formula: 201348	1 capsule, twice daily
Serotonin support	Self-reported food cravings  Digestive function/abdominal comfort  Emotional well-being	<b>Sereniten Plus</b> Formula: 201348	1 capsule, twice daily, without food
		<b>L-Glutamine as needed</b> Formula: 7940	1 capsule opened and swished in mouth, then swallow
Leptin support	Self-reported food cravings, postprandial satiety, post-dinner eating habits	<b>L-Carnosine</b> Formula: 98731	1 capsule, twice daily, without food
Insulin support	Fasting blood sugar/insulin  Self-reported sleep patterns and energy levels BMI	<b>Sereniten Plus</b> Formula: 201348	1-2 capsules, twice daily, without food

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