

## Dave's Mood Formula

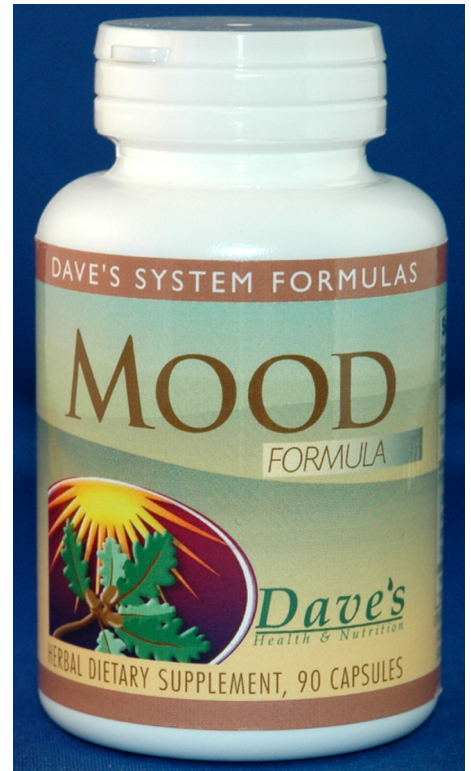
- **Nervous system support**
- **Stress symptoms**
- **Digestive support**

Mood Formula is a combination of nerve calming herbs that support digestive health all designed to support symptoms of major and minor stress, anxiety, and nervousness. This is a nerve support formula as it feeds the central and peripheral nervous systems.

When we are stressed our bodies are depleted of valuable minerals which cause organ and nerve impairment. This leads to anger and irritability, and affects those around us also.

A deeper look at nerves includes brain chemicals such as serotonin which affects how we feel and think. When our nerves are depleted from stress or over activity of the mind (too much thinking or studying), we don't think as clear or feel as confident as we normally would.

Formula includes: Melissa (Lemon balm), Hops, Mistletoe, Bitter orange, Peppermint, and Valerian.



### Testimonials:

Dave's Mood Formula is Wonderful – Helps keep me emotionally balanced and sleep much better. Thanks! – *Pam L*

I find myself much more calm when taking Dave's Mood Formula. I feel much more in control of my emotions, not such big swings. With 4 children who are young it has made a big difference! Thanks! –*Amy L*

I Love Mood Formula. It keeps me balanced inside so I can deal with all my demands throughout the day. – *C. Bauer*

# Dave's Mood Formula

## Herbal Formula

**Bitter Orange** has been used for digestive support, easing gas and bloating. It is also bitter which supports healthy liver function. Bitter orange supports nerve health, and helps to and eliminates mucus.

**Hops** have traditionally been used as a sedative to relieve symptoms of anxiety by supporting normal nerve function. Its bitterness supports healthy liver function calming the stomach. Its constituents help to support healthy yeast levels. It has been used for symptoms of stress and nervousness, healthy urinary tract function and symptoms of uncomfortable periods.

**Melissa (Lemon balm)** aids in nervous system function and has been used as a relaxant and cardiovascular tonic as well as promoting restful sleep. It assists in normal muscle function and a healthy digestive tract. Melissa helps to support symptoms of stress and also symptoms of uncomfortable periods.

**Mistletoe** supports a healthy cardiovascular system and nervous system.

**Peppermint** is a stimulant to the digestive system easing gas and bloating and normal stomach acid function. It acts to support the nervous system and healthy liver function, promoting regular bowel movements.

**Valerian** is herbal support for the nervous system. It is described as a sedative and has been used as a hypnotic. Valerian naturally contains the amino acid responsible for calming: it is called GABA. It alleviates nervous tension. It also calms a nervous heart rate, uterine cramps, gas, and bloating.

## Traditional herbal uses

- Bloating
- Cardio tonic
- Digestive aid
- Gas
- Liver stimulant
- **Nervous system support**
- Sedative
- Sleep support
- **Stress symptoms**
- Tension