

TravaCor

Contains a blend of ingredients shown to improve mood and reduce stress*

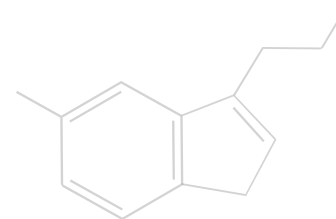


Item Number	Available Sizes	Serving Size
20014	60 Capsules	3 Capsules
2037	120 Capsules	

Key Ingredients

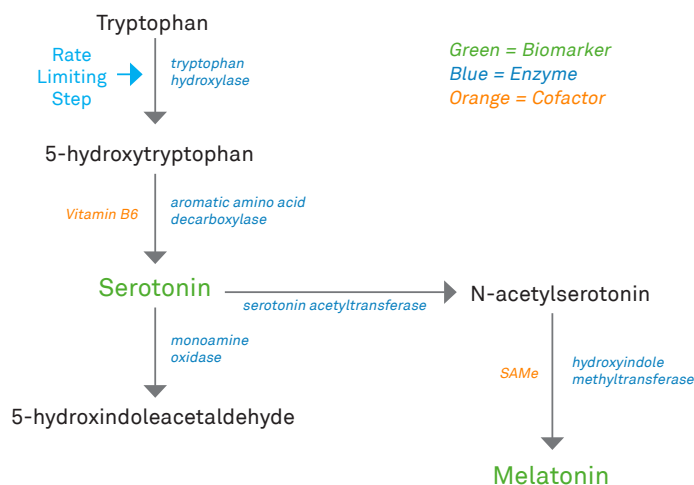
Taurine	<ul style="list-style-type: none"> Neuroprotective amino acid that provides antioxidant protection^{1,2*} Demonstrates GABA-A agonist activity^{3*} GABA is the primary inhibitory neurotransmitter in the brain important for calm and sleep⁴⁻⁶
L-theanine	<ul style="list-style-type: none"> Amino acid that acts as a glutamate receptor antagonist^{7*} Glutamatergic signaling underlies mechanisms related to anxiousness and stress⁸ In a randomized, double-blind, placebo-controlled study, L-theanine was shown to significantly reduce stress^{9*}
5-HTP (from <i>Griffonia simplicifolia</i> seed extract)	<ul style="list-style-type: none"> 5-hydroxytryptophan (5-HTP) crosses the blood-brain barrier and is a precursor to serotonin and melatonin¹⁰ In a randomized, double-blind study, 5-HTP was shown to significantly improve mood^{11*}
Vitamins B and C	<ul style="list-style-type: none"> Active forms of vitamin B6, folate, B12, and C are important for serotonin synthesis^{12-16*}

The Science



- Serotonin and its receptors are an integral part of many physiological functions in the nervous, endocrine, and gastrointestinal systems¹⁷
- Serotonin is important for regulating **mood** and **sleep-wake function**¹⁸

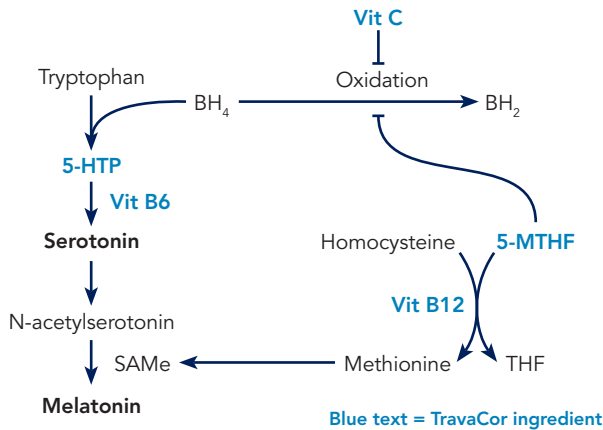
Serotonin Pathway



*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.

MORE SCIENCE BEHIND TRAVACOR

Figure 1. Serotonin and Methylation Biochemistry



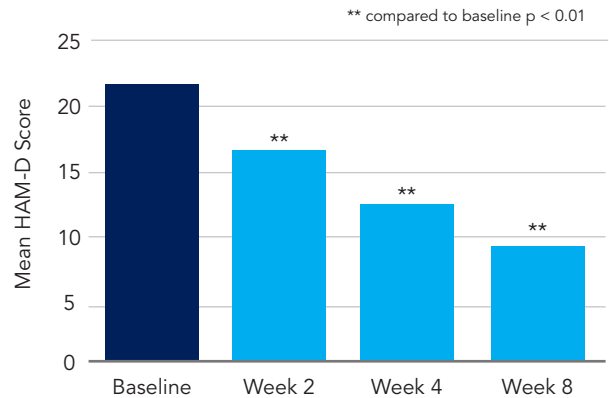
TravaCor, serotonin, and methylation

TravaCor contains ingredients important for serotonin and melatonin synthesis*

- 5-HTP is a precursor to serotonin and melatonin
- Vitamin B6 is a cofactor required for the conversion of 5-HTP to serotonin^{12*}
- Vitamin C and 5-MTHF (from Quatrefolic®) help protect and regenerate tetrahydrobiopterin (BH₄) from oxidation^{15,16*}
- 5-MTHF and vitamin B12 are important for methylation processes including the synthesis of serotonin and melatonin^{13,14*}

One serving (3 capsules) of TravaCor contains vitamins at 50% (folate), 67% (C), 450% (B6), and 500% (B12) of the recommended daily value*

Figure 2. 5-HTP and Mood



TravaCor contains proven ingredients

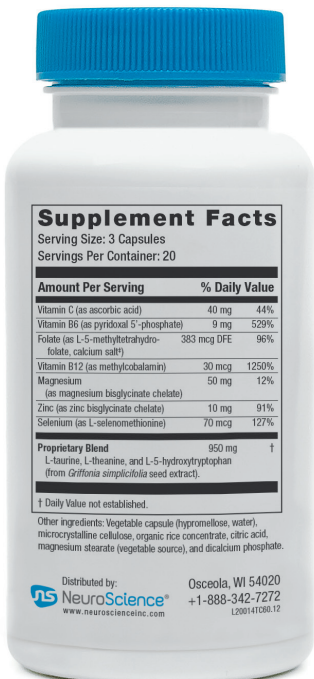
In a randomized, double-blind study, supplementation with 5-HTP was shown to improve mood as measured by improvements in HAM-D scores^{11*}

- 5-HTP increased in increments from 150 mg daily during the first 2 weeks, 300 mg daily the following 2 weeks, and 400 mg daily the remainder of the study¹¹

In a randomized, double-blind, placebo-controlled study, L-theanine was shown to significantly reduce feelings of stress compared to placebo^{9*}

- Following single administration, L-theanine significantly reduced feelings of stress under mental strain^{9*}

TravaCor contains 5-HTP and L-theanine in amounts that meet and exceed those used in the above studies



Feeling fatigued?

Learn about AdreCor with Licorice Root at www.neuroscienceinc.com/products/adrekor-with-licorice-root

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