



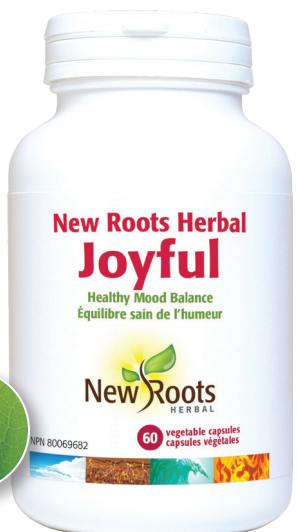
# New Roots Herbal Joyful

Start feeling good



- Strengthens serotonin production
- Balances mood
- Reduces anxiety
- Nonaddictive

**Tested in our  
ISO 17025**  
Accredited Laboratory



[newrootsherbal.com](http://newrootsherbal.com)



# New Roots Herbal Joyful

Cheerful, happy, or “in good spirits” are among the many words used to define the term joyful. In reality, mental health is dynamic; it reflects our genetic makeup and the way it interacts with the montage of life experiences and situations we face on a daily basis. With this in mind, we formulated **New Roots Herbal Joyful** with 11 botanical extracts, amino acids, and bioactive forms of the vitamins pivotal for mood and cognition. The therapeutic goal of **New Roots Herbal Joyful** is to elevate mood while promoting relaxation and resistance to stressors that generate anxiety.

## Food for your Mood

**5-Hydroxytryptophan** (5-HTP) is among the nutrients in **New Roots Herbal Joyful** that fuel serotonin production. Serotonin is the neurotransmitter that regulates communication between different parts of the brain to influence mood, appetite, healthy sleep behaviour, pain sensation, learning, memory, and more. **L-Tryptophan** further amplifies serotonin production for mood enhancement and healthy sleep patterns.

Our formula has a trio of additional nutrients that includes the biologically active, methylated forms of folic acid and vitamin B<sub>12</sub>. Folic acid in its active form of **methylfolate** is beneficial for those suffering from depression and mood disorders. It is also critical for those with an impaired ability to convert folic acid to its active form. Vitamin B<sub>12</sub>, as **methylcobalamin**,





protects nerve cells and stimulates serotonin production. **Vitamin B<sub>6</sub>** helps the body produce neurotransmitters, all of which participate in the intricate nervous system functions that ultimately define us. These three nutrients also exert a collective benefit with their ability to metabolize homocysteine, which in elevated levels can negatively affect mood. Observational studies reported in *The New England Journal of Medicine* have also shown a correlation between high homocysteine levels and the risk of dementia and Alzheimer's disease.

**New Roots Herbal Joyful** also contains **vitamin D<sub>3</sub>**, the metabolically active form of the critical vitamin our body creates with exposure to the sun. Insufficient levels of D<sub>3</sub> are a common denominator for people with depression and seasonal affective disorder (SAD).

## **Anxiety Management**

Anxiety is a feeling or sense of uncertainty about a possible event or situation with an uncertain outcome. Despite the fact many sources of anxiety may not be tangible threats, the perception of them as threatening can cause mental anguish and physical symptoms known as psychosomatic disorders.



# New Roots Herbal Joyful



**New Roots Herbal Joyful** is formulated with an additional **5 nutrients** that help shield the brain from stressors and reduce the perception of anxiety. The amino acid **L-theanine** crosses the blood-brain barrier to reduce unnecessary excitement of neurotransmitters. Two hundred milligrams per capsule of **gamma-aminobutyric acid** (GABA) adds an inhibitory neurotransmitter that reduces excitability of the nervous system. It also increases *alpha* wave activity within the brain, synonymous with a relaxed state of mind. The duo of therapeutic botanical extracts **magnolia** and **phellodendron** was shown in controlled trials to work in unison to reduce subjective ratings of anxiety. Their mode of action is to bind with stress receptors to reduce stress and anxiety with the same sedating effects of prescription drugs. A potent extract of **San-qi** (*Panax notoginseng*) completes our formula with its neuroprotective properties, which suppress feelings of anxiety and induce a relaxed state of mind.

## Each vegetable capsule contains:

gamma-Aminobutyric acid (GABA)	200 mg
L-Theanine	83.33 mg
L-Tryptophan	73.333 mg
San-qi ginseng ( <i>Panax notoginseng</i> ) leaf 15:1 extract	50 mg
L-5-Hydroxytryptophan (L-5-HTP) (from <i>Griffonia simplicifolia</i> seed)	50 mg
Phellodendron ( <i>Phellodendron amurense</i> ) bark extract, 1% berberine	10 mg
Magnolia ( <i>Magnolia officinalis</i> ) bark 50:1 extract, 80% honokiol + magnolol	5 mg
Vitamin D <sub>3</sub> (cholecalciferol)	8.33 mcg (333.33 IU)
Folic acid (from calcium L-5-methyltetrahydrofolate)	0.333 mg
Vitamin B <sub>12</sub> (methylcobalamin)	0.333 mg
Vitamin B <sub>6</sub> (pyridoxal-5'-phosphate)	10 mg

**Other ingredients:** Vegetable magnesium stearate, silicon dioxide, and microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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## Suggested use:

**Adults:** Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose. **For healthy mood balance:** Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

Manufactured under strict GMP (Good Manufacturing Practices).

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