Positrol™ is a natural anti-depression and anti-anxiety complex of indoleamine neurohormone precursors, biogenic indoleamines, psychotropic nutraceuticals and chronobiotics. Positrol compensates for inadequacies of the neuroendocrine system and indoleamine pathway that cause affective disorders and chronobiological disturbances. Internal or external desynchronization of biological oscillations are the central concept of different models for affective disorders. Positrol produces chronobiologic actions that help to maintain the body’s temporal organization and coordinate individual endogenous oscillations with the environment by acting as a zeitgeber (time giver). This creates therapeutic benefits on major affective disorders such as bipolar and unipolar disorders and dementia.

Numerous studies have shown that the ingredients in Positrol relieve depression, anxiety and other affective disorders as effectively as Selective Serotonin Reuptake Inhibitors (SSRIs), but without their adverse side effects. SSRIs, as a group, cause adverse reactions that include decreased libido, nausea, headaches, anxiety, insomnia, drowsiness, diarrhea, tremor, upper respiratory infection and rash in a significant number of users.

5-hydroxy-L-tryptophan (5-HTP)
5-HTP is a metabolite of the amino acid tryptophan and the direct precursor of the inhibitory neurotransmitter serotonin. Because serotonin is a circadian rhythm regulator, raising serotonin levels at night promotes circadian synchrony. Various studies have shown that 5-HTP causes a marked amelioration of depression symptoms and is as effective as SSRIs. In studies comparing 5-HTP with tricyclic antidepressants, 5-HTP was as effective as these drugs in treating very severe depression with fewer side effects.

St. John’s Wort Extract (Hypericum perforatum)
Over twenty-five double-blind controlled studies have Hypericum perforatum’s efficacy in improving psychological symptoms such as depression, anxiety, apathy, sleep disturbances, insomnia, anorexia, and feelings of worthlessness.

Pyridoxal 5-phosphate
Pyridoxal 5-phosphate, the active form of vitamin B6 in the body, is essential for the manufacture of all monoamine neurotransmitters in the brain, including noradrenaline, dopamine and serotonin. B6 levels have been found to be low in depressed patients, and supplementing B6 in patients with affective disorders has produced therapeutic effects and increased levels of both noradrenalin and serotonin.

Administration of Vitamin Research Product’s SynCholamine early in the day with Positrol in the evening produces stronger chronotherapeutic actions than from either product used alone. These actions include: 1) compensation for impairments in both the catecholamine and indoleamine pathways; 2) resynchronization of internal oscillations; 3) coordination of internal rhythms with the environment; and 4) counteracting the internal clocks from becoming temporarily ‘blind’ to environmental time cues.

RECOMMENDED DOSAGE
Take two to four capsules a day, at bedtime or late in the afternoon on an empty stomach.

PRECAUTIONS
Should not be used by pregnant women. Use with caution in nursing mothers.

PRODUCT CODE  #1680  90 capsules


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