**DESCRIPTION**

**SynCholamine™** is an advanced approach to anti-aging and superior mental health. It is a natural complex of antidepressant and stimulant catecholamine neurotransmitter precursors, psychotropic nutraceuticals and chronobiotics. This combination is designed to optimize circadian rhythm synchronicity and balance neurotransmitters to more youthful levels. This should result in restored hypothalamic sensitivity and improved control of neuroendocrine neurotransmitters to more youthful levels. This combination is designed to optimize circadian rhythm synchronicity and function of daytime catecholamine energy production.

Depression and fatigue are often due to biochemical imbalance of brain neurotransmitters. These abnormalities often involve inefficiencies in stress-responsive systems. Imbalances in both amplitude (hypo- or hyper-secretions) and phase (wrong time for secretions) of catecholamine (dopamine, epinephrine and norepinephrine), acetylcholine and indoleamine neurotransmitters can result in dysregulation of the hypothalamic-pituitary-adrenal and hypothalamic-pituitary-thyroid axes which can cause depression and fatigue.

**FORMULA INGREDIENTS**

**L-Tyrosine**
Tyrosine is a precursor of the catecholamine neurotransmitters epinephrine, norepinephrine, and dopamine; for hormones such as thyroxine and catecholestrogens; for the amino acid L-dopa and the pigment melanin. Tyrosine has been used in psychiatry since 1980 in the treatment of medication-resistant depression. In double blind studies, tyrosine has demonstrated relief from depression at a response rate of 60-70% (which is typical for most prescription anti-depressants) yet without adverse effects.

**L-Phenylalanine**
Phenylalanine is both a precursor to the amino acid tyrosine and the biogenic amine phenylethylamine (PEA), an endogenous anti-depressant with amphetamine-like stimulant properties. Controlled studies have shown that ingesting supplemental phenylalanine is effective in relieving the symptoms of depression and in some studies superior to antidepressant drugs such as imipramine.

**Hypericum perforatum (St John’s Wort) Extract**
Extracts from Hypericum perforatum are the most thoroughly researched natural antidepressant. Studies of St John’s Wort demonstrate improvements in many psychological symptoms, including depression, anxiety, apathy, sleep disturbances, insomnia, anorexia, and feelings of worthlessness.

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

**Folic Acid and B-12**
Folic Acid and vitamin B12 are methyl donors necessary for the synthesis of S-adenosylmethionine (SAMe) that is involved in neurotransmitter metabolism. Both folate and vitamin B12 deficiency may cause similar neurologic and psychiatric disturbances, including depression, dementia, and a demyelinating myelopathy. A folate deficiency may specifically affect central monoamine metabolism and aggravate depressive disorders.

**ADMINISTRATION**

Administration of **SynCholamine™** early in the day with Vitamin Research Product’s Positrol™ in the evening produces stronger chronotherapeutic actions than from either formula 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, upon awakening or early in the day on an empty stomach.

**PRECAUTIONS**

Should not be used by pregnant women. Use with caution in nursing mothers. Concomitant administration of **SynCholamine™** with tricyclic antidepressants, MAO inhibitors, SSRIs and other anti-depressants may potentiate their effect, and allow reduction in dosage (use under supervision of a physician if taking prescription anti-depressants).

**PRODUCT CODE**

#1650 90 capsules

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**SUPPLEMENT FACTS**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-Tyrosine (HC1)</td>
<td>15 mg</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>500 mcg</td>
</tr>
<tr>
<td>Vitamin B12 (cyanocobalamin)</td>
<td>300 mcg</td>
</tr>
<tr>
<td>L-Phenylalanine</td>
<td>250 mg</td>
</tr>
<tr>
<td>L-Tyrosine</td>
<td>250 mg</td>
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<tr>
<td>St. John’s Wort</td>
<td>125 mg</td>
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</table>

*(Daily Value not established)

**REFERENCES**