# Mood

From a clinical viewpoint, one out of eight adults develops depression, but mood swings affect a lot more people in our civilized countries. When the flow of information between nerve cells does not work as it should, mood disturbances express themselves in many ways such as lack of interest, feeling of inner emptiness, eating disorders, or pain. This is often caused by neurotransmitter deficiency.

Neurotransmitters are messenger substances which mediate signal transmission. Serotonin, which is commonly known as the “happiness hormone,” plays a key role. The human body itself produces this substance by a sophisticated interplay of amino acids and enzymes. Unfortunately, its production is curbed by the impact of various types of medicines. Serotonin deficiency cannot simply be remedied by the direct intake of serotonin, which is why its precursors are so important. A novel two-phase preparation assures that the vital components are administered in a chronobiologically optimized manner with one single tablet: one vital ingredient has a rapid effect, the other is released more slowly. When taken in the morning, the patented formula assures a serotonin profile which is attuned to the daily rhythm