A HEALTHIER BRAIN FOR A HAPPIER YOU.

A person's mind is a master organ, a super-computer orchestrating and organizing every aspect of every minute of every day. However, when one's mood and energy levels are down, it becomes all but impossible to achieve any goals.

THE DOLDRUMS OF DEPRESSION

What is depression? Is it a feeling of sadness? Is it a low mood? Well, yes and no. All normal people experience fluctuations in moods, but depression is a mood disorder that causes a persistent feeling of sadness and loss of interest in formerly enjoyable activities. It affects how a person feels, thinks and behaves and can lead to a variety of emotional and physical problems. Depression is more than a bout of the blues; it is a condition. Some people experience a one-time or temporary bout of depression, but often people have a predisposition towards depression and will go through several episodes of symptoms.

MASTER YOUR MIND

MasterMind $^{\text{TM}}$ is a comprehensive supplement comprised of potent ingredients that support energy production at the cellular level. The carefully selected ingredients included in this formula support a balance of chemicals in the brain and help promote a person's mood, supporting overall mental balance.

SO, WHO IS THE MASTER?

YOU are! You can take the initiative to regain control of your mind and your thoughts. By taking the first step toward healing and recovery, you truly become master of your destiny. Taking a supplement such as MasterMindTM is a great way to start your journey. Because of its superior sourcing, bioavailability and brain-building ingredients, MasterMindTM can be your key to a glorious future.



MasterMind™ draws on the potency of:

B Vitamins

The preactivated B-Vitamins methyl B-12, active folate, and active B-6 have long been known for their brainbalancing abilities. These abilities are enhanced in MasterMind $^{\text{TM}}$ because the vitamins are obtained from pure sources and are bioavailable for optimal absorption.



DMAE & GABA

DMAE helps produce acetylcholine, an important neurotransmitter. DMAE also plays a key role in brain functions like learning and memory, and in general boosts brain health. GABA can be supportive for people with anxiety and low mood.



Ashwagandha Leaf and Root Extract

Derived from the ashwagandha herb, it has many health benefits including promoting a healthy balance of cortisol, the stress hormone. It may also help support individuals suffering from depression and anxiety, control inflammation and boost brain function.



5-HTP is a byproduct of L-tryptophan and can be produced from the Griffonia simplicifolia plant. It is often used to treat anxiety and depression, as well as other conditions, through building up serotonin levels. Serotonin is a brain hormone that affects sleep, appetite, perception of temperature and sensation of pain.

Affron®

Also included is affron®, a standardized extract from the saffron plant. It is a bioactive compound that can help with relaxation, maintaining a positive mood and achievement of mental and physical balance.









Ask Zahler® 877.ASK.ZAHLER ask@zahlers.com zahlers.com