

Happy Camper



CLINICAL APPLICATIONS

- Supports inhibitory neurotransmitters
- Supports calm, healthy mood
- Reduces restlessness
- Supports healthy sleep, when appropriate

Happy Camper is a second generation formula that combines all of the same vitamin/ mineral cofactors and amino acids as first-generation, Mood Support. Modification in quantities of ingredients present in Mood Support, plus the addition of Suntheanine®, vitamin C, and selenium further promote the synthesis of chemical messengers to support calmness and healthy mood while providing overall support for a healthy nervous system.

All 360° Medicine Formulas Meet or Exceed cGMP Quality Standards

DISCUSSION

Vitamins, minerals, amino acids, fatty acids, and other nutrients are necessary for synthesis of neurotransmitters in the brain. Additionally, the process of methylation is essential to healthy brain chemistry. Under-methylation results in low levels of serotonin, dopamine, and norepinephrine, which can manifest as depressed mood.

Happy Camper contains the key nutrients needed for healthy methylation. These include **Selenomethionine**, **Vitamin B6** (present in its activated form as pyridoxal 5' phosphate), **Vitamin B12** (present in its readily bio-available form, methylcobalamin), and folate (present as calcium folinate.)^[1] Pyridoxine nutritional status selectively modulates central production of both serotonin and GABA - neurotransmitters that control depression, pain perception, and anxiety.^[2]

Magnesium is present in this formula, chelated with the amino acid, glycine, a specific form demonstrated to correct intraneuronal magnesium deficiencies.^[3] Magnesium is included in this formula to aid muscle relaxation and for its important role in nerve impulse transmission.

Vitamin C, as ascorbic acid, participates in the enzyme activity of two copper-dependent mono-oxygenases that are important in the synthesis of norepinephrine and serotonin. In addition, vitamin C regulates the activity of some neurons within the brain that affect neurotransmitter membrane receptor synthesis and neurotransmitter dynamics.^[4]

GABA (Gamma-aminobutyric acid), an amino acid, is an inhibitory neurotransmitter found in 30-40% of the brain synapses. It "calms" the brain by neutralizing the excitatory effects of glutamate. GABA deficiencies interfere with delta (deep) sleep, the similar deficiency level shown to be present in individuals with anxiety, depression and other mood disorders.^[5]

5-HTP (5-hydroxytryptophan) is a precursor to serotonin. It is well absorbed in the intestine and easily crosses the blood brain barrier.^[6] Serotonin regulates many normal brain activities, influences other neurotransmitters such as norepinephrine and dopamine, and is important in regulating mood and behavior, including food cravings. Whereas adequate levels instill a sense of calmness and relaxation, low levels are associated with anxiety, irritability, sleep disturbance, and poor mood.

L-Taurine, a conditionally essential, neuroprotective amino acid, maintains cell volume and stabilizes cell membranes in the brain. In addition to its antioxidant and anti-inflammatory functions, taurine is important in the transmission of nerve impulses and overall nerve function. Oral supplementation increases GABA.^[7]

L-Theanine (Suntheanine®) is a naturally-occurring, biologically-active, free-form amino acid that provides relaxation support. Theanine lowers glutamate levels by preventing transport of glutamate's precursor, glutamine.^[8] It may inhibit excitatory neurotransmission and cause inhibitory neurotransmission via glycine receptors.^[9] EEGs document theanine's ability to increase alpha wave activity to induce relaxation without inducing drowsiness.^[10]



Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	20 mg	33%
Vitamin B6 (as pyridoxal 5' phosphate)	5 mg	250%
Folate (as calcium folinate)	300 mcg	75%
Vitamin B12 (as methylcobalamin)	30 mcg	500%
Magnesium (TRAACS® Magnesium Lysyl Glycinate Chelate)	70 mg	18%
Zinc (TRAACS® Zinc Glycinate Chelate)	3 mg	20%
Selenium (as Selenium Glycinate Complex)	50 mcg	71%
L-Taurine	300 mg	**
L-Theanine (Suntheanine®)	100 mg	**
5-HTP (5-Hydroxytryptophan)	100 mg	**
GABA (gamma-aminobutyric acid)	100 mg	**

** Daily Value (DV) not established.

Other Ingredients: HPMC (capsule), stearic acid, magnesium stearate, and silica.

DOSAGE:

On an empty stomach, generally 30 minutes before or two hours following a meal, take two capsules one to two times a day, or as directed by your healthcare practitioner.

REFERENCES

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CAUTION:

Consult with your healthcare practitioner before use, especially if you are pregnant, lactating, under the age of 18, or taking prescription drugs for depression, migraines, Parkinson's and psychiatric disorders. Do not use with other supplements containing L-Tryptophan, 5-HTP, St. John's Wort or SAME. Keep out of reach of children.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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