

SUPPLEMENT SPECIFICS FOR NEUROPLASTICITY.

- A Lithium:**
this elemental metal plays a crucial role in healthy mood, emotional wellness, behavior and memory and most importantly, detoxification.
- B Glutathione:**
an ultra potent antioxidant that is ubiquitously utilized throughout every cell in the body including the brain.
- C SAdMe (S-adenosylmethionine):**
this is a metabolite that is found in every cell and acts of a methyl donor that facilitates hormones, neurotransmitters, and energy metabolism.
- D L-Tyrosine:**
A nonessential amino acid that supports neurotransmitters in a mild stressful environment and/or emotional stress.
- E dl-Phenylalanine:**
this is an essential amino acid that is a precursor to Tyrosine.
With the additional function of supporting skeletal-muscular relaxation.
- F Lion's Mane:**
A medicinal mushroom that promotes synthesis of neurological growth factors. (NGFs) I.e. The nervous system's Myelin sheath.
- G Cordyceps:**
A medicinal mushroom that has primary effects on metabolism via appropriate blood flow from a compound called, 'cordycepin' that's in-differential to adenosine, one of the 4 building-blocks of DNA/RNA. Also, it's polysaccharides has immune support properties inhibiting viral replications.

WE WISH YOU DEEP HEALING.

- 1a) Pure Encapsulations, Vital Nutrients, Designs for Health
Dose: 1-5mg with food, A.M. *always consult with a doctor before starting. lithium should not be used by individuals with significant renal or cardiovascular diseases, severe debilitation or dehydration, or sodium depletion, or by individuals who are taking diuretics or ACE inhibitors. Consult your doctor before use if you are taking anti-hypertensive drugs, anti-inflammatory drugs, analgesic drugs or insulin. Lithium should not be used by pregnant women and breast-feeding mothers. Serum lithium levels should be monitored by a qualified health care provider during use.
- 2b) Jarrow, Pure Encapsulations, Quicksilver Scientific, Designs for Health
Dose: 200mg-400mg No Food-AM.
- 3c) Jarrow, Pure Encapsulations, Source Naturals
Dose: 200mg-800mg *Do NOT exceed 800mg daily
- 4d) Thorne, Jarrow, Pure Encapsulations, Brain MD
Dose: 500mg
- 5e) Pure Encapsulations, Source Naturals
Dose: 1,000mg
- 6f) Dragon Herbs, Jing Herbs, Gaia Herbs, New Chapter, Mushroom Wisdom
Dose: 2,000mg
- 7g) Mycology Psychology, Dragon Herbs, Jing Herbs, Mushroom Wisdom
Dose: 2,000mg

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