

## TravaCor

Contains a blend of ingredients shown to improve mood and reduce stress\*

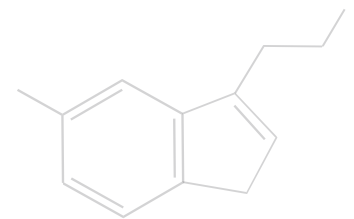


Item Number	Available Sizes	Serving Size
20014	60 Capsules	3 Capsules
2037	120 Capsules	

## Key Ingredients

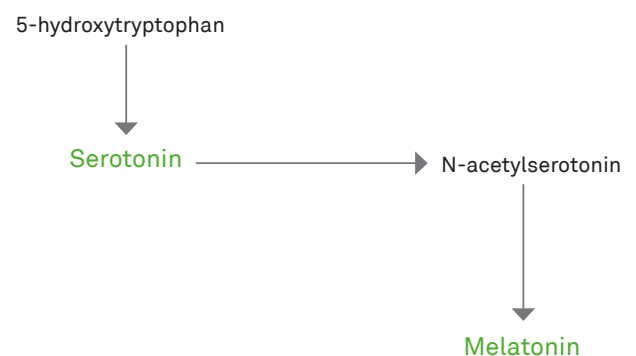
<p><b>Taurine</b></p>	<ul style="list-style-type: none"> <li>Neuroprotective amino acid that provides <b>antioxidant protection</b><sup>1,2*</sup></li> <li>Demonstrates GABA-A agonist activity<sup>3*</sup></li> <li>GABA is the primary inhibitory neurotransmitter in the brain important for <b>calm</b> and <b>sleep</b><sup>4-6</sup></li> </ul>
<p><b>L-theanine</b></p>	<ul style="list-style-type: none"> <li>Amino acid that acts as a glutamate receptor antagonist<sup>7*</sup></li> <li>Glutamatergic signaling underlies mechanisms related to anxiousness and stress<sup>8</sup></li> <li>In a randomized, double-blind, placebo-controlled study, L-theanine was shown to significantly <b>reduce stress</b><sup>9*</sup></li> </ul>
<p><b>5-HTP</b> (from <i>Griffonia simplicifolia</i> seed extract)</p>	<ul style="list-style-type: none"> <li>5-hydroxytryptophan (5-HTP) crosses the blood-brain barrier and is a precursor to serotonin and melatonin<sup>10</sup></li> <li>In a randomized, double-blind study, 5-HTP was shown to significantly <b>improve mood</b><sup>11*</sup></li> </ul>
<p><b>Vitamins B and C</b></p>	<ul style="list-style-type: none"> <li><b>Active forms</b> of vitamin B<sub>6</sub>, folate, B<sub>12</sub>, and C are important for serotonin synthesis<sup>12-16*</sup></li> </ul>

## The Science



- Serotonin and its receptors are an integral part of many physiological functions in the nervous, endocrine, and gastrointestinal systems<sup>17</sup>
- Serotonin is important for regulating **mood** and **sleep-wake function**<sup>18</sup>

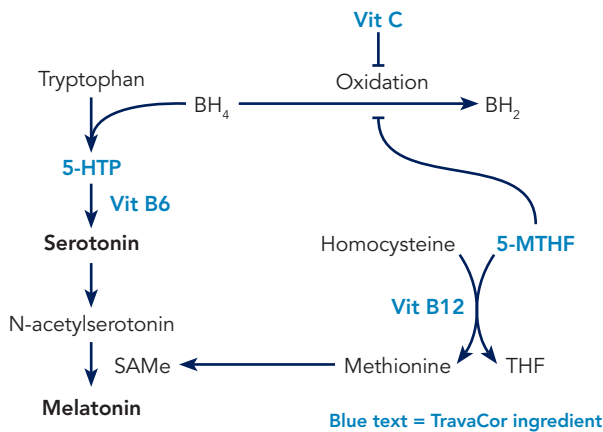
## Serotonin Pathway



\*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.

# MORE SCIENCE BEHIND TRAVACOR

Figure 1. Serotonin and Methylation Biochemistry



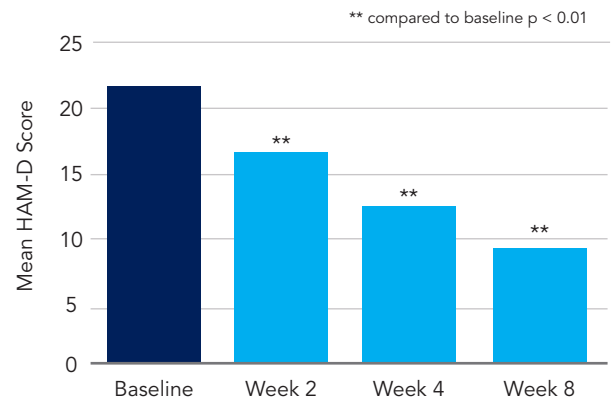
## TravaCor, serotonin, and methylation

TravaCor contains ingredients important for serotonin and melatonin synthesis\*

- 5-HTP is a precursor to serotonin and melatonin
- Vitamin B6 is a cofactor required for the conversion of 5-HTP to serotonin<sup>12\*</sup>
- Vitamin C and 5-MTHF (from Quatrefolic®) help protect and regenerate tetrahydrobiopterin (BH<sub>4</sub>) from oxidation<sup>15,16\*</sup>
- 5-MTHF and vitamin B12 are important for methylation processes including the synthesis of serotonin and melatonin<sup>13,14\*</sup>

One serving (3 capsules) of TravaCor contains vitamins at 50% (folate), 67% (C), 450% (B6), and 500% (B12) of the recommended daily value\*

Figure 2. 5-HTP and Mood



## TravaCor contains proven ingredients

In a randomized, double-blind study, supplementation with 5-HTP was shown to improve mood as measured by improvements in HAM-D scores<sup>11\*</sup>

- 5-HTP increased in increments from 150 mg daily during the first 2 weeks, 300 mg daily the following 2 weeks, and 400 mg daily the remainder of the study<sup>11</sup>

In a randomized, double-blind, placebo-controlled study, L-theanine was shown to significantly reduce feelings of stress compared to placebo<sup>9\*</sup>

- Following single administration, L-theanine significantly reduced feelings of stress under mental strain<sup>9\*</sup>

TravaCor contains 5-HTP and L-theanine in amounts that meet and exceed those used in the above studies



### Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 20

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	40 mg 44%
Vitamin B6 (as pyridoxal 5'-phosphate)	9 mg 52%
Folate (as L-5-methyltetrahydro-folate, calcium salt) <sup>†</sup>	384 mcg DFE 96%
Vitamin B12 (as methylcobalamin)	30 mcg 1250%
Magnesium (as magnesium bisglycinate)	50 mg 12%
Zinc (as zinc bisglycinate chelate)	10 mg 91%
Selenium (as L-selenomethionine)	70 mcg 127%

Proprietary Blend 950 mg †  
L-tyrosine, L-theanine, and L-5-hydroxytryptophan (from *Trifolium pratense* seed extract).

† Daily Value not established.

Other ingredients: Vegetable capsule (hypromellose, water), microcrystalline cellulose, organic rice concentrate, magnesium stearate (vegetable source), and dibasic calcium phosphate.

Distributed by: Osceola, WI 54020  
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www.neuroscienceinc.com L200141060.13



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\*Magnafolate is a registered trademark of Lianyungang Jinkang Pharmaceutical Technology Co., Ltd.



## Feeling fatigued?

Learn about AdreCor with Licorice Root at [www.neuroscienceinc.com/products/adrekor-with-licorice-root](http://www.neuroscienceinc.com/products/adrekor-with-licorice-root)

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