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# ExcitaPlus

## Movin' and Groovin'

### WHAT IT IS:

- Natural plant extracts and cofactors supporting patients who have fatigue, stress, and low mood

### WHY YOU NEED IT:

- Provides strong, natural support for patients suffering from stress and burnout
- Important for patients who need healthy levels of stimulating, activating brain transmitters
- Targets patients with low energy, high stress, and low mood

### HOW IT HELPS:

ExcitaPlus contain three core ingredients to maintain healthy brain chemistry in patients that are tired, stressed and depressed. These nutrients include N-acetyltirosine, *Vicia faba* and *Rhodiola rosea*.

N-Acetyl Tyrosine is a critical nutrient used by the adrenals and nervous system to make the hormones that give us both energy and a healthy mood. Patients who have fatigue and/or low mood may be experiencing these symptoms because certain "feel good" hormones are low. These hormones include the adrenal and brain hormones such as catecholamines (the "fight-flight" hormones), dopamine, norepinephrine, and epinephrine.

By using N-Acetyl Tyrosine, each of these important hormones for energy and healthy mood can be properly supported which is necessary for a great outlook... and the energy to pursue it.

*Vicia faba* is a nutrient dense bean rich in L-DOPA than the body can convert into dopamine, a critical brain transmitter, the discovery of which was awarded the Nobel Prize in 2000.

Proper brain dopamine levels are important for normal behavior, mood, memory, sleep, attention and learning.

*Rhodiola rosea* has long been regarded as an adaptogen. Adaptogens are biologically active molecules that help the brain to “adapt” to stress, pressure, and fatigue. When the brain is over stimulated and excited, mental focus and clarity suffer. These feelings then create more stress and anxiety in an unhealthy and unregulated loop. This is where *Rhodiola rosea* works best in supporting healthy levels of excitatory brain chemicals.

Usual dosage: Take 2 capsules, two to three times daily, preferably on an empty stomach.