

# Contegra™ - HPA-T Balancing Formula\*

## SYNOPSIS AND REVIEW

Contegra™ is a broad-spectrum support formula for those who complain of anxiousness yet are fatigued due to poor sleep quality.

Ingredients support inhibitory and excitatory neurotransmitter production, adrenal and thyroid function, and methylation pathways.\* It also supplies cofactor and/or phosphorylated forms of B vitamins critical for proper neurotransmitter function.\*

Ingredients in Contegra™ support balance within the hypothalamic-pituitary-adrenal-thyroid (HPA-T) axis.\* Contegra also includes ingredients that support inhibitory activity as well as ingredients for excitatory activity to maintain inhibitory and excitatory balance.\* Healthy methylation is supported by multiple biologically active ingredients.\*

The NeuroSupport Blend™ (NSB) enhances absorption.\* Improved absorption allows for smaller doses and fewer capsules.

Contegra is often suggested after inhibitory support (**Prolent™**, **Lentra™**, **Tranquilent™**) has begun and offers a gentle transition to excitatory support. The dose of ingredients supporting excitatory neurotransmitters is higher in **Procite-D™** than in Contegra.

## EXPLANATION OF INGREDIENTS

**L-theanine as Suntheanine® (standardized to >99%):** Shown to promote relaxation by multiple mechanisms including antagonizing glutamate receptors, increasing the release of GABA, and decreasing norepinephrine levels in the brain.\*<sup>1,2</sup>

**N-Acetyl-L-Tyrosine:** Precursor to L-DOPA, the direct precursor to the catecholamines dopamine, norepinephrine and epinephrine.\* Acetylated for enhanced bioavailability.

**Siberian Ginseng Extract (standardized to 0.8% eleutherosides):** *Eleutherococcus senticosus*, an adaptogen thought to attenuate the effects of stress and fatigue.\*<sup>3,4</sup>



### Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size: 1 Capsule		
Servings per Container: 60 Capsules		
	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxal-5-phosphate)	20 mg	1,176%
Folate (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt) (Quatrefolic®)	680 mcg DFE	170%
Vitamin B12 (as methylcobalamin)	300 mcg	12,500%
Pantothenic Acid (as pantothenine)	50 mg	1000%
Energy Activation Blend †	350 mg	*
Betaine (Trimethylglycine)		
N-Acetyl L-Tyrosine		
L-theanine (as Suntheanine®)		
Siberian Ginseng Extract ( <i>Eleutherococcus senticosus</i> ) (root)		
NeuroSupport Blend™	102.5mg	*
Protease		
Amylase		
Lipase		
Bioperine® (Black Pepper Extract) (standardized to 95% piperine) ( <i>Piper nigrum</i> ) (fruit)		

\*Daily Value not established.

 **BIOPERINE®** BioPerine® is a registered trademark and a product of Sabinsa Corp.

 **Quatrefolic®** The 4<sup>th</sup> generation folic acid. Quatrefolic® is a registered trademark of Gnosis S.p.A.



NSB™ is a trademark of Sanesco International Inc.

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\*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.

## CONTEGRA EXPLANATION OF INGREDIENTS continued

**Iodine (as potassium iodide):** Essential component of T3 and T4 thyroid hormones.<sup>5</sup>

**Betaine (Trimethylglycine):** Methylating agent that supports SAMe production/recycling.\*<sup>6</sup> SAMe is a co-factor in epinephrine synthesis. Also acts as a source of glycine, an inhibitory amino acid neurotransmitter.\*

**Folate (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt) (Quatrefolic®):** Cofactor in methylation reactions essential for synthesis of dopamine, norepinephrine and epinephrine.\* Natural source of L-DOPA, a direct precursor to the catecholamines dopamine, norepinephrine and epinephrine.\*

**Vitamin B6 (as pyridoxal-5'-phosphate):** Active form of B6. Cofactor in conversion of L-DOPA to dopamine.\*

**Vitamin B12 (as Methylcobalamin):** Coenzyme form of Vitamin B12.\* Methyl donor.\*

**Pantothenic acid (as pantethine):** Biologically active form of Vitamin B5; adrenal support nutrient.\*

**NeuroSupport Blend™ (NSB):** Proprietary mixture composed of Bioperine® and plant-based enzymes clinically proven to maximize nutrient absorption.\*

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