



Min-Chex[®]

5525 90 Capsules

NON
DAIRY

SLEEP, STRESS,
& MOOD

NERVOUS SYSTEM HEALTH

- Contains vitamins that are involved in the production of neurotransmitters associated with emotional balance*
- Contains vitamins that are involved in healthy adrenal gland functions and the stress response*
- Excellent source of niacin, vitamin B₆, and iodine

Min-Chex[®] contains a combination of key ingredients from Min-Tran[®] and Orchex[®]

Caution: This product should only be used under the direct supervision of a qualified health care professional. Please consult your health care professional if you are pregnant, nursing, or taking any antithyroid medicines. Keep out of reach of children. This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 90

	Amount per Serving	%Daily Value
Niacin	25 mg	156%
Vitamin B6	5 mg	294%
Calcium	20 mg	2%
Iodine	300 mcg	200%
Sodium	5 mg	<1%

Proprietary Blend	270 mg	†
Bovine orchic Cytosol™ extract, magnesium citrate, manganese lactate, bovine liver, porcine stomach, soy protein, bovine spleen, ovine spleen, defatted wheat germ, porcine brain, and ascorbic acid.		

†Daily Value not established.

Other Ingredients: Calcium lactate, kelp, gelatin, niacinamide, water, pyridoxine hydrochloride, and calcium stearate.

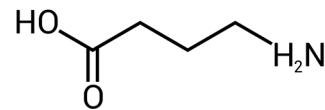
Min-Chex[®] Supports Nervous System Health*

Neurotransmitters are chemical messengers in the body that are critical to communication throughout the nervous system. Together, they regulate important functions in the body. For example, γ-aminobutyrate (GABA) regulates mood, stress, and fear while serotonin regulates mood, appetite, gastrointestinal function, and sleep.¹⁻³ Dopamine regulates positive emotions and reward-motivated behaviors while also supporting movement and balance.^{1,2} Together, neurotransmitters and their downstream targets play an important role delivering messages from neurons to target cells throughout the body.

Min-Chex[®] is a combination of synergistic factors designed to support the nervous system, including emotional balance and the body's response to stress.*

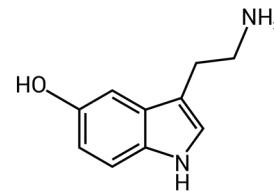
The Role of Neurotransmitters

GABA



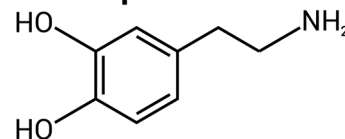
Gaba regulates mood, stress, and fear

Serotonin



Serotonin regulates physiological processes including mood, appetite, GI function, and sleep

Dopamine



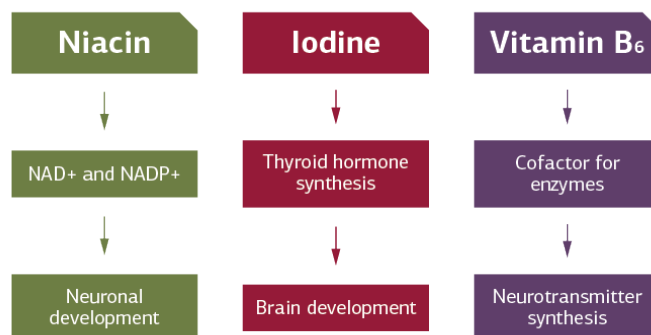
Dopamine regulates positive emotions and reward-motivated behaviors and supports movement and balance

Niacin (vitamin B₃) is a precursor to the cellular molecules NAD⁺ (nicotinamide adenine dinucleotide) and NADP⁺ (nicotinamide adenine dinucleotide phosphate), which participate in hundreds of enzymatic reactions throughout the body.⁴ Within the nervous system, niacin is a mediator of neuronal development and low levels of nicotinamide are linked to poor neuronal health.⁴⁻⁶

Iodine is a vital component of the thyroid hormones T3 and T4, which are important to the health of the nervous system. Iodine deficiency is one of the most common causes of preventable brain damage globally, and adequate iodine intake is especially important during childhood development.⁷⁻⁹

Vitamin B₆ (or pyridoxine) and the bioactive form pyridoxal-5-phosphate are coenzymes for many enzymatic reactions in the body, including the production of neurotransmitters.¹⁰ Vitamin B₆ is a cofactor for the synthesis of GABA, serotonin, and dopamine.^{11,12} Vitamin B₆-dependent enzymes are also involved in the synthesis of epinephrine and norepinephrine – the “fight or flight” hormones.¹³ The role of vitamin B₆ in the synthesis of neurotransmitters has been associated with healthy mood in adults, and there is often co-existence of emotional imbalance with low vitamin B₆ status.^{14,15}

Micronutrients Support Nervous System Health



Since 1929,
Standard Process
has been changing
lives with our whole
food philosophy.

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