AYUSH HERBS® INC.
Modern Science Validating Ancient Medicine

Technical Data Sheet

AyuDep™ | Mood and Cognitve Support*

Introduction

AyuDep™ is a proprietary blend of botanicals and mood supporting microminerals that focuses on supporting healthy mood and maintain healthy cognitive functioning. AyuDep™ employs several key botanicals known for their efficacy in cognitive support including saffron, ashwagandha, and bacopa.
These herbs combined with all the necessary microminerals needed to promote healthy energy levels creates a formula that soothes and uplifts the mind while supporting a healthy stress response.

Product Features

- *Crocus sativus*: one of the best researched mood and mind benefitting herbs.*
- A comprehensive suite of mind and energy supporting microminerals.*
- Added Shilajeet enhances energy output and provides antioxidant support.*

Mechanisms of Action

- Supports healthy mood[1*]
- Supports healthy cognitive function[2*]
- Supports healthy metabolism and energy levels[3*]

How It Works

Crocus sativus has been studied for its benefits in supporting healthy mood in multiple human trials.[4] It has demonstrated utility in promoting healthy focus[5], improving mood[6], supporting libido[7] and functions as an antioxidant.[8] While no single constituent has been attributed to exerting these effects, the carotenoids including crocin have been hypothesized as largely contributing to its overall effects.[9] Beyond saffron, AyuDep™ includes *Bacopa monnieri*, a well known nootropic herb that supports all aspects of healthy mood and cognition.[10] Lastly, the berberine alkaloids contained in *Berberis aristata* have been investigated for their ability to support positive mood.[11]

Conclusions

AyuDep™ is a complex and potent formula that supports a host of cognitive wellness goals. Through a combination of micromineralization and herbal support, AyuDep™ is sure to please anyone looking for cognitive and mood support.*

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Suggested Use

1 capsule up to three times per day or as advised by your health care physician.

How Supplied

60 capsules per bottle

Allergy Information

Free from Milk, Soy, Egg, and Wheat. Magnesium stearate from vegetarian source.

Pairs Well With

Ayu-Phos™: For added nervous system nutrition and support*

Thyro-M™: For optimized metabolic support*

Shilajeet Mumiyo™: For advanced energy and stamina support*

Ashwagandha: For additional adrenal support*

CoCurcumin™: For neural antioxidant support*

Formula Supplement Facts

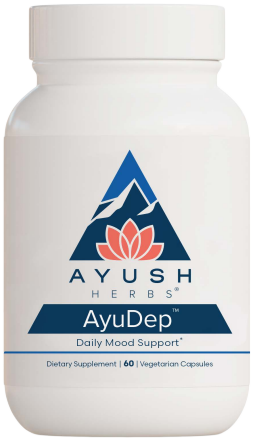
Supplement Facts

Serving Size: 1 Capsule Servings Per Container: 60

Amount Per Serving	%DV
Calcium (calcium citrate) 2mg	<1%
Phosphorus (dicalcium phosphate) 1mg	<1%
Iodine (potassium iodine) 25mcg	17%
Magnesium (magnesium citrate) 2mg	<1%
Zinc (zinc sulfate) 1mg	9%
Copper (cupric oxide) 1mg	111%
Manganese (manganese gluconate) 1mg	43%
Molybdenum (molybdenum aac) 25mcg	55%
Sodium (sodium chloride) 0.35mg	<1%
Potassium (potassium chloride) 10mg	<1%
Proprietary extract blend 500mg	*
St. John's wort aerial parts,Ashwagandha° root, Bacopa° herba, Indian barberry stem, Velvet bean° seed, Saffron stigma, and Shilajit resin	
MSM (methylsulfonylmethane) 10mg	*
Boron (from boron citrate) 1mg	*

* Daily value not established
° Organically grown

Other Ingredients: Vegetarian capsule, silicon dioxide, microcrystalline cellulose, croscarmellose sodium, magnesium stearate.



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