NutriDyn®

Crave-Curb

Nutritional Support for Healthy Nerve Function♦

NutriDyn's Crave-Curb is a comprehensive formula that contains bioactive forms of key vitamins, minerals, amino acids, and plant extracts; due to their role in neurotransmitter production, these nutrients support healthy appetite, cognition, and mood.♦

Read on to learn more about how Crave-Curb works and its unique benefits.

How Crave-Curb Works

Crave-Curb works by supporting healthy levels of key appetite-regulating neurotransmitters—particularly dopamine and serotonin. Appetite is largely a brain-related effect, thanks in part to a peptide called neuropeptide Y (NPY). Expression of NPY stimulates the mesolimbic reward center that is responsible for the pleasurable feelings during eating and other activities (mostly due to the increase of dopamine and serotonin in the brain).

Crave-Curb contains key ingredients that support healthy levels of dopamine and serotonin, which in turn emulates the feelings of pleasure and reward that NPY typically creates.♦ Therefore, Crave-Curb helps support healthy appetite and feelings of wellbeing.♦

Vitamins and minerals in Crave-Curb, such as chromium and pyridoxine assist in production of dopamine and catecholamines through a variety of pathways.♦[1,2] Moreover, Crave-Curb contains potent herbal extracts, such as 5-hydroxytryptophan (5-HTP) and *Rhodiola rosea*. These ingredients support proper synthesis and transport of serotonin, an appetite-regulating neurotransmitter.[3]

Rounding out the Crave-Curb formula are amino acids such as L-tyrosine, L-glutamine, and DL-phenylalanine, which have been shown in research to support healthy appetite and mood.♦[4,5]

Crave-Curb Supplementation

Research cited herein suggests the nutrients contained in Crave-Curb can support healthy appetite, mood, and neurotransmitter productions.♦ Moreover, these nutrients work in concert to support energy production and blood flow to the brain.♦

To summarize, the most pertinent research-backed benefits of supplementation with Crave-Curb may include:

- Supports healthy appetite♦
- Supports healthy mood♦
- Supports blood and oxygen flow to the brain♦
- Supports neurotransmitter production and neural tissue♦

Form: 180 Capsules

Serving Size: 8 capsules

Ingredients	Amount	%DV
Vitamin C (ascorbic acid)	600 mg	667%
Vitamin B6 (as pyridoxal-5-phosphate)	50 mg	2,941%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	400 mcg DFE	100%
Calcium (as calcium citrate)	168 mg	13%
Magnesium (as magnesium citrate)	64 mg	15%
Chromium (as chromium picolinate)	1 mg	2,857%
DL-Phenylalanine	2 g	**
L-Tyrosine	1.5 g	**
L-Glutamine	750 mg	**
Rhodiola rosea Root Extract (standardized to 3% rosavins and 2% salidrosides)	200 mg	**
L-5-Hydroxytryptophan (L-5-HTP) (as *Griffonia simplicifolia* seed extract)	150 mg	**

Other Ingredients:

Hydroxypropyl methylcellulose, vegetable magnesium stearate, silicon dioxide.

BioFolate® is a federally registered trademark of MTC Industries, Inc.

Directions:

Take as directed by your healthcare practitioner.

***Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.*

GLUTEN-FREE · DAIRY-FREE · VEGETARIAN · NON-GMO · PRODUCED IN A cGMP FACILITY

♦ 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.

References

For more information, visit: ***www.nutridyn.com***

References:

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4. Kalra, S. P., Dube, M. G., Pu, S., Xu, B., Horvath, T. L., & Kalra, P. S. (1999). Interacting appetite-regulating pathways in the hypothalamic regulation of body weight 1. *Endocrine reviews, 20*(1), 68-100.
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