



Dr. Cindy's Nutritional Supplementation Protocol for Depressed Mood

General Brain/Gut Health

- ❖ EPA/DHA 720mg 2 gel caps daily with food
- ❖ Vitamin D3 5,000 IU daily with food
- ❖ Ultra Flora DF 1 capsule daily

Additional Support for Depressed Mood

- ❖ St. John's wort with folate and B12 1 tab daily
- OR
- ❖ Serosyn 1 tab daily

Dr. Libert is able to offer substantial discounts and free shipping on all Metagenics nutritional products through our on-line store.

- ❖ 20% Off on All First-time Orders
- ❖ 10% Off on All Recurring Orders
- ❖ Free Ground Shipping on All Orders

To place an order visit <http://clibert.metagenics.com/store> and use our practitioner code **CLibert** to set up an account. **You can also place your order by phone at (706) 745-0200.**

Important Disclaimer:

This information is for educational purposes only, and is not intended as a substitute for the advice provided by your healthcare professional or physician.

Any statements or claims about the possible health benefits conferred by any foods, herbs, or supplements have not been evaluated by the Food & Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

Never stop taking an antidepressant or any other drug without the supervision of your doctor. Mixing certain herbs and drugs can also be undesirable and should only be done under your doctor's care.