



Fuel Your Mind and Body: Clarity, Balance, and Resilience for  
Today's World.

Boost Your Brain, Elevate  
Your Mood – Support  
Wellness with BioOne's  
Brain & Mood Boost  
Protocol!"





# The BioOne Sciences Brain and Mood Boost

The Brain and Mood Boost Protocol is designed to nourish your brain and body with essential nutrients for mental clarity, emotional balance, and resilience. Trusted by thousands, it addresses key areas of brain health and mood support with a powerful trio: Omega-3s for brain function, methylation support for neurotransmitter balance, and a D3/K2 blend for immune strength and mood stability. Together, they promote cognitive clarity, mood stability, and defense against mood and other brain-based challenges—keeping your mind sharp, mood steady, and body resilient. Embrace this integrative approach to naturally boost your brain and foster elevated moods.

**Methylation Activation:** Elevate your protocols with this groundbreaking all-in-one formula, crafted to streamline methylation and critical B vitamin support without the need for stacking multiple supplements. Traditionally, achieving effective methylation and other B vitamin support required practitioners to combine three or more products: high-dose methyl folate, bioavailable B12 forms, activated B6 (P5P,) and other B vitamins. In addition trimethylglycine (TMG), a key methyl donor, also is warranted, requiring yet another supplement. Our formula uniquely brings these essential components together—no stacking required. Each capsule delivers potent doses of activated L-5-methyltetrahydrofolate, dual forms of B12 (Methylcobalamin and Hydroxocobalamin), Pyridoxal-5- Phosphate (B6), and TMG for comprehensive methylation support. Plus, with synergistic B vitamins and added cellular support like Luteolin, Biotin, and Alpha Lipoic Acid, this formula goes beyond methylation to support cellular resilience, energy, and antioxidant defense. Simplify your approach and supercharge methylation with the only formula of its kind —your go-to for precision in one powerful dose.

**Omega 1600 from BioOne Sciences:** This ultra-pure, high-potency omega-3 formula provides a 1:1 ratio of EPA and DHA totaling 1600 mg per serving, delivering essential fatty acids to support optimal brain health, cellular function, neurotransmitter balance, and inflammatory balance. When combined with our powerful Methylation Activation formula and Vitamin D/K 5000, Omega 1600 creates a synergistic approach to mood enhancement support and brain health.

**Vitamin D 5,000 + K2 from BioOne Sciences:** Discover the essential support your brain, mood, and immune system need with this powerful blend of Vitamin D3 and K2. Vitamin D3 plays a crucial role in mood regulation by influencing the synthesis of serotonin, a key neurotransmitter that helps maintain a balanced and positive mood. With the ability to bolster immune function, Vitamin D3 also enhances the body's natural defenses, supporting gut health and reducing inflammation to maintain immune resilience. Vitamin K2 complements D3 by guiding calcium where it's needed, promoting vascular health and reducing arterial stiffness—a benefit that positively impacts both heart and brain health. Together, this D3 and K2 combination delivers foundational support for mental clarity, emotional well-being, immunity, and overall vitality.

## Recommended Dosing:

- Methylation Activation: 1-2 in the morning
- Omega 1600: 1-3 per day
- Vitamin D 5,000 + K: 1 per day

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, but may be beneficial as part of a total health program.

