

NEW ROOTS

NATURAL HEALTH PRODUCTS
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HERBAL

» ANXIETY & DEPRESSION GUIDE



- Exclusive information for health-care professionals -





ANXIETY & DEPRESSION GUIDE

The brain is the most metabolically active organ in our body. It is the most demanding of energy and nutrients in order to function optimally. With conditions like depression and anxiety, we can combine nutrients, botanicals, and lifestyle medicine to help aid in regulating hormones, neurotransmitters and overall metabolism.

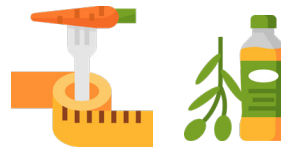
The basis of every treatment begins with setting up a good foundation. These can include the following

Start with lifestyle factors:



- » Exercise (30 min/day)
- » Meditation (at least 5-10 min/day)
- » Stay hydrated (drinking at least 1-2 litres/day)

Diet – incorporate whole foods with insoluble/soluble fiber



- » Mediterranean Diet
- » MIND Diet (Mediterranean-DASH Intervention for Neurodegenerative Delay)

Foundational Supplements:

Nutritional supplements are a great way to help improve many components of metabolism and functioning. They can aid by improving cell membrane fluidity, to help with cell to cell communication using neurotransmitters. Further, various nutrients can act as co-factors which help move metabolic reactions forward, thereby allowing for amino acid breakdown to neurotransmitters. **The products mentioned below are ones you can generally use for clients experiencing depression and/or anxiety for at least 12-18 months**



WILD OMEGA3

- ▶ to help with neuronal communication and phospholipid membrane. Approximately 1-4 g of EPA.
- ▶ 2 capsules 2x/day with a meal (for about 1 year). Reduce to 2 capsules 1x/day with a meal for maintenance.

[PRODUCT DATASHEET](#)



VITAMIN D3

- ▶ helping to maintain regular circadian rhythms and assist with neurotransmitter function.
- ▶ Vitamin D: 1000 IU-5000 IU.

[PRODUCT DATASHEET](#)



ZEN PLUS

- ▶ a synergistic mix of botanical and nutrients to help with mood, focus and energy.
- ▶ 1-2 capsules 1x/day.

[PRODUCT DATASHEET](#)



B-COMPLEX ULTRA

- ▶ to help with neurotransmitter production.
- ▶ 1 capsule/day with meal.

[PRODUCT DATASHEET](#)



Additional Supplements:

Each person is unique and thus the root cause of their mental illness would be varied in expression as well. Below are some products you may want to consider using, depending on the mechanism of their depression and/or anxiety.



HOMOCYSTEINE BALANCE

- ▶ particularly important for clients with cardiovascular disease as well as depression/anxiety. Also for those with any methylation metabolism issues.
- ▶ ½ scoop/day with breakfast/lunch.

[PRODUCT DATASHEET](#)



LAVENDER OIL

- ▶ good for acute stress/anxiety. Also, if they are having a hard time falling asleep/staying asleep.
- ▶ 1 capsule/day at bed-time and/or 1 capsule/day for anxiety.

[PRODUCT DATASHEET](#)



RESILIENCE MUSHROOM BLEND

- ▶ helps with overall stress response.
- ▶ 1 capsule 3x/day with meal.

[PRODUCT DATASHEET](#)



GINGKO FORMULA

- ▶ use if noticing that the client is also having focus or memory issues with depression/anxiety. Also great for elderly clients. Be mindful of any potential drug-herb interactions with Ginkgo.
- ▶ 1 capsule 3x/day.

[PRODUCT DATASHEET](#)



MAGNESIUM BISGLYCINATE PLUS

- ▶ an important mineral and common deficiency that shows up as anxiety and depression.
- ▶ 2 capsules 2x/day.

[PRODUCT DATASHEET](#)



INOSITOL

- ▶ clients with depressive disorders have lower amounts of myo-inositol in the prefrontal cortex.
- ▶ 1-3 scoops (4-12g)/day.

[PRODUCT DATASHEET](#)

There are a number of lifestyle strategies that can be integrated to help combat anxiety, including:



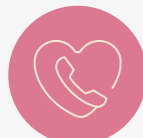
Focus on your breathing



Replace fearful thoughts



Stay present



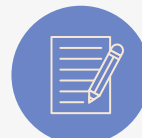
Phone a loved one



Engage in a calm activity



Play some relaxing music



Write it out



Reduce caffeine, sugar and processed food

NEW ROOTS HERBAL is a GMP-compliant, Health-Canada licensed Canadian manufacturer of natural health products with more than 32 years of experience. At New Roots Herbal the formulas are created by scientists, naturopaths and herbalists. We are committed to providing pure and high-quality nutrients and powerful botanical herbs that work synergistically to support the body. Quality, Science & Nature is the combination that lets us offer an ample range of products elaborated according to the strictest manufacturing standards (GMP), in order to meet the rigorous demands of the Canadian Authorities.



FACILITIES

Our plant in Canada is located in a rural environment near Montreal, with over 5480 m2 specifically designed for manufacturing nutritional supplements.



RAW MATERIALS

Our suppliers are carefully selected and undergo strict quality control in order to guarantee the identity, purity and potency of our raw material and ensure the quality of our products from start to finish. For this reason, we have the most advanced technology and a team of analytical chemists who are responsible for testing and validating both the raw material and the final product.



RESEARCH TEAM

The research team is multidisciplinary, including specialists in Medicine, Biology, Nutrition, Bioengineering, Analytical Chemistry and Pharmacy, as well as healthcare professionals with a solid background in natural medicine. In the end, our entire team of prominent scientists is responsible for the research behind the continued development of new formulas based on plants, extracts, vitamins, minerals and all the nutrients that contribute to maintaining optimal health.



OBJECTIVE

More and more professionals trust our brand as a quality guarantee, and that helps us to consolidate our brand day by day and strengthen our will to continue growing solidly and to become a reference with greater presence in the sector. At New Roots Herbal we think we have a lot to offer to people's quality of life and health. It is a way of understanding health and disease, placing the emphasis on balance and prevention. We are sure that by combining our permanent vocation for service with the quality and efficacy of our formulas, we can support you in your important task of working for people's health.



FORMULAS

Our formulas have been designed to strengthen the synergy between each of their components. Medicinal plants have proven to be highly effective through their traditional use, and this inherited experience, combined with rational understanding and a scientifically established basis, is what has allowed us to design products that when used correctly, can contribute to well-being, both in purely preventive and therapeutic aspects.



QUALITY

We establish rigorous quality control checks in order to guarantee the identity, purity and potency of our products. In the manufacturing of our nutritional supplements, no preservatives, artificial flavours or colours are used. The necessary excipients for the manufacture of capsules and tablets are, whenever possible, natural, and all of the capsules used for New Roots Europe products are made of 100% plant cellulose with no genetic modification (NON-GMO). All of our products, except for those that are designed to have a gradual effect, are formulated to dissolve in the body within 20 to 30 minutes in order to ensure maximum absorption.



TRAINING

In order for natural medicine to hold a legitimate place in our society, as is the case in other developed countries, we must pay significant attention to training healthcare professionals. For this reason, we do our best so that practitioners have all of the necessary information to develop all of your skills regarding food supplementation.

