

DR.VEGAN[®]

Find your calm

*Balance & psychological
function*

Practitioner Toolkit • For practitioner use only

Anxiety disorders affect around 30% of individuals at some point in their lives globally, making them the most common mental health disorders.¹

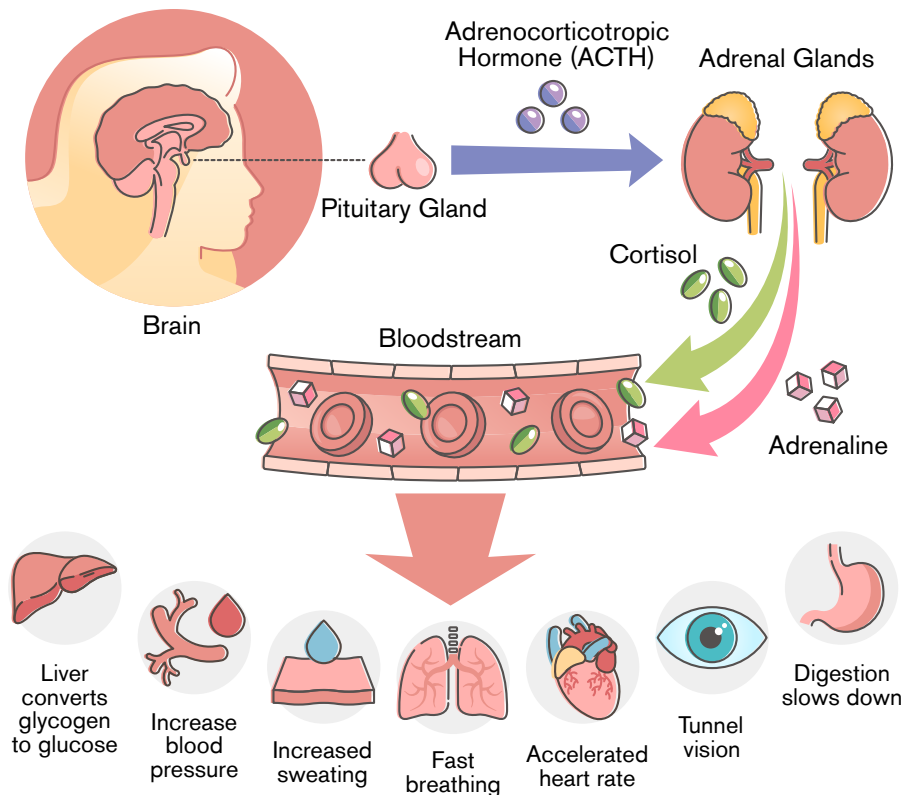
Stress-related disorders are on the rise, especially post-pandemic, with mental ill health and work-related stress now costing the UK economy £28 billion annually.²

Chronic stress contributes to cardiovascular diseases, gastrointestinal disorders, and metabolic conditions such as diabetes.

Anxiety disorders are associated with increased levels of inflammation, which may worsen conditions like IBS, autoimmune diseases, and chronic pain.

Elevated stress hormones (e.g., cortisol) can weaken the immune system, making individuals more susceptible to infections.

Stress Response



Biological Mechanisms

HPA Axis Dysregulation	Prolonged stress leads to overactivation of the hypothalamic-pituitary-adrenal axis, resulting in chronic cortisol elevation or burnout with insufficient cortisol levels.
Neurotransmitter Imbalance	Reduced levels of GABA, serotonin, and dopamine contribute to heightened anxiety and stress responses.
Gut-Brain Axis	Dysbiosis is linked to heightened anxiety due to altered vagus nerve signalling, inflammation, and serotonin dysregulation.
Genetic Polymorphisms	Genetic polymorphisms on the following genes may change the response to stress and anxiety. Serotonin Transporter Gene (SLC6A4): These genes are responsible for serotonin reuptake, and a polymorphism on this gene may lead to an increased sensitivity to stress. Dopamine Receptor Genes (DRD2, DRD4): These genes are responsible for dopamine signalling, and any polymorphisms may lead to the dysregulation of emotions and motivation, increasing the risk of anxiety. Gamma-Aminobutyric Acid (GABA) Genes (GABRA2, GABRB3): These genes are responsible for normal GABA processes, and any polymorphisms may lead to the overactivity of the brain, worsening stress.

Stress can cause:

- **Nervous system dysregulation:** Persistent stress overactivates the 'fight or flight' response, leading to elevated heart rate, blood pressure, and energy mobilisation.
- **Impact on the brain:** Stress can shrink the hippocampus (memory and learning centre) and over-activate the amygdala (fear and emotion centre), leading to heightened anxiety and poor cognitive function.
- **Endocrine system impact:** Chronic stress leads to prolonged cortisol elevation, which contributes to insulin resistance, increased risk of type 2 diabetes, fat deposition, metabolic syndrome, and disrupted thyroid function.
- **HPA axis dysregulation:** Prolonged stress can lead to adrenal fatigue or burnout, with symptoms such as chronic fatigue, depression, and immune suppression.
- **Hypertension:** Stress-induced catecholamines (adrenaline and noradrenaline) cause vasoconstriction, increasing blood pressure.
- **Atherosclerosis:** Chronic stress promotes inflammation and lipid dysregulation, accelerating plaque formation in arteries.
- **Heart disease:** Stress doubles the risk of myocardial infarction and stroke due to increased clotting factors and inflammatory markers.
- **Chronic inflammation:** Higher cortisol levels disrupt the balance between pro- and anti-inflammatory cytokines, which increases the risk of autoimmune conditions.
- **Reduced immunity:** Stress weakens the immune system and increases susceptibility to recurrent infections and can slow down wound healing.
- **Gut-brain axis dysfunction:** Stress alters gut motility and permeability, contributing to symptoms of IBS and leaky gut syndrome.
- **Microbiota imbalance:** Chronic stress reduces gut microbial diversity, exacerbating inflammation and anxiety.
- **Muscle tension:** Stress-induced muscle tightness can cause chronic pain conditions such as tension headaches, TMJ dysfunction and back pain.

- **Increased risk of injury:** Cortisol increases the activity of enzymes called matrix metalloproteinases (MMPs), specifically MMP-1 and MMP-13, which degrade collagen in the extracellular matrix.

These enzymes target the collagen fibres in connective tissue, skin, tendons, and bones, breaking them into smaller fragments.

- **Reproductive system disruption:** Cholesterol is converted into pregnenolone in the adrenal glands, ovaries, and testes. Under normal circumstances, pregnenolone is metabolised into sex hormones like progesterone, oestrogen, and testosterone. During stress, the hypothalamic-pituitary-adrenal (HPA) axis prioritises cortisol production for survival, diverting pregnenolone toward the production of glucocorticoids (cortisol). This reduces the availability of precursors for reproductive hormones. Lower levels of progesterone, oestrogen, and testosterone disrupt the hormonal balance necessary for optimal fertility.



DIET AND LIFESTYLE TIPS FOR CLIENTS

Eat whole nutrient-dense foods

Consume fruits, vegetables, whole grains, and lean proteins. Incorporate healthy fats (avocados, nuts, seeds, olive oil).

Limit caffeine and sugar

Excess caffeine and sugar can increase anxiety and disrupt sleep. Opt for herbal teas or decaf options.

Increase Omega 3 fatty acids

Found in flaxseeds, chia seeds and walnuts. Omega 3s help reduce inflammation and support brain health.

Stay hydrated

Dehydration can worsen stress. Aim for at least 2 to 3 litres of water daily.

Magnesium-rich foods

Magnesium can help with relaxation. Include spinach, bananas, almonds, and dark chocolate in your diet.

Probiotics and gut health

A healthy gut promotes better mood regulation. Yoghurt, kefir, kimchi, and sauerkraut can help.

Regular exercise

Aim for 30 minutes of moderate activity (walking, cycling, swimming) at least 4-5 times per week. Exercise releases endorphins that boost mood.

Mindfulness and meditation

Practice mindfulness, meditation, or deep breathing exercises daily to reduce cortisol (stress hormone).

Quality sleep

Develop a consistent sleep schedule (7-9 hours). Avoid screens 1 hour before bed and create a calming bedtime routine.

Limit screen time

Reduce social media and digital use, especially negative or anxiety-inducing content.

Connect with others

Strong social connections and support systems are essential for emotional well-being.

Time management

Set boundaries and avoid overcommitting. Break tasks into smaller steps to avoid feeling overwhelmed.

Engage in hobbies

Creative activities (painting, gardening, music) or nature walks can help relax the mind.

DR.VEGAN® STRESS SURVEY INSIGHT

78%

of people surveyed experienced
stress or anxiety at least
once a week.

**Customer survey of 545 men and women, UK nationally representative, conducted in January 2023. All survey findings reflect our own efforts and have not been influenced or verified by any external organisations or third-party entities.*



Stay Calm®

Stay Calm® is an award-winning blend of botanicals with adaptogenic properties and minerals, providing natural balance, energy and focus, helping the body cope calmly with stress. Stay Calm® supports a balanced mood, helping the mind and body overcome pressure and tension, so you can rise to the demands of each day.



	PER 2 CAPSULE	EC %NRV*
Ashwagandha KSM-66®	150mg	**
Cordyceps	150mg	**
Rhodiola Extract	100mg	**
Schisandra	100mg	**
L-Theanine	30mg	**
L-Tyrosine	30mg	**
Kelp Extract	50mg	**
Chromium	40µg	100%
Vitamin B5	12mg	200%
Vitamin B6	4mg	286%
Magnesium	56mg	15%
Selenium	75µg	136%
BioPerine® Black Pepper Extract	2.5mg	**

* NRV= Nutrient Reference Value

** No NRV Established

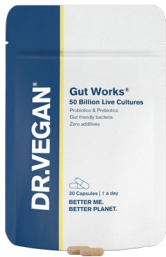
Ingredients

Ashwagandha KSM-66® (*Withania somnifera*),
Cordyceps (*Cordyceps sinensis*),
Schisandra Berry (*Schisandra chinensis*),
Rhodiola (*Rhodiola rosea*) Extract, L-Tyrosine,
L-Theanine, Magnesium Citrate,
Selenium (L-Selenomethionine),
Vitamin B5 (Pantothenic Acid, Calcium Salt),
Kelp (*Fucus vesiculosus*) Extract,
Vitamin B6 (Pyridoxine Hydrochloride),
BioPerine® Black Pepper Extract
(*Piper nigrum*),
Chromium Picolinate,
Capsule Shell
(HPMC, vegetable cellulose).

Free from

Added Sugar, Starch, Sweeteners,
Gluten, Wheat, Soya, Lactose,
Dairy, Artificial Flavours, Colours
and Preservatives.

Pairs well with



Gut Works®



Vegan Omega 3



Vegan Nights®

Directions

- Take two capsules daily. The capsules can be taken together or separately at the most convenient time of the day.
- Safe to take over the longer term, and the dosage may be reduced to one capsule daily if preferred.

What customers can look forward to

2 weeks

Improved inner calm and balance, mental clarity,
focus and mood.

3 weeks

Begin to enjoy improved inner confidence, less
tension and the ability to cope better with stressful
situations.

6-8 weeks

Support for hormonal balance, along with improved
ability to relax and fall asleep.

KEY INGREDIENTS IN STAY CALM®



Ashwagandha KSM-66®

Ashwagandha (*Withania somnifera*) is an adaptogen widely studied for its ability to reduce stress and promote a sense of calmness without sedation.

Ashwagandha KSM-66®, a highly bioavailable, full-spectrum extract of Ashwagandha, preserves the natural balance of the active compound.

Regulation of cortisol levels: Ashwagandha KSM-66® regulates the hypothalamic-pituitary-adrenal (HPA) axis, reducing the overproduction of cortisol. A systemic review and meta-analysis looking at the role of Ashwagandha on psychosomatic functions related to stress and anxiety found a significant effect of Ashwagandha on perceived stress.³

Clinical studies demonstrate a significant reduction in serum cortisol levels, with one study showing that just after 60 days of supplementation with Ashwagandha.⁴

Balancing neurotransmitters: Ashwagandha balances the activity of gamma-aminobutyric acid (GABA), an inhibitory neurotransmitter that promotes relaxation and reduces anxiety. It also supports serotonin signalling, helping improve mood and emotional resilience.

Reducing inflammation and oxidative stress: Ashwagandha contains withanolides, which possess anti-inflammatory and antioxidant properties that decrease the cellular damage caused by chronic stress as well as reducing inflammatory markers like C-reactive protein (CRP), which are often raised in patients with chronic stress.

Modulation of stress hormones: Ashwagandha decreases adrenaline and noradrenaline secretion, dampening the fight-or-flight response and enhancing parasympathetic activity.



Cordyceps

Cordyceps is known for its ability to enhance resilience to physical and mental stress, support calmness, energy balance, and overall well being by modulating the body's stress response mechanisms.

Regulation of the hypothalamic-pituitary-adrenal (HPA) axis: Cordyceps helps normalise the HPA axis, which is often dysregulated in chronic stress. It reduces excessive cortisol production, preventing the adverse effects of prolonged cortisol on the body and mind. The process by which Cordyceps stimulates hormone production is different from the typical pathway activated by ACTH (a hormone from the pituitary gland). Instead of increasing cAMP (a messenger molecule normally involved in ACTH signalling), Cordyceps activates a protein called PKC (protein kinase C), which is essential for its effect. This was confirmed because a PKC inhibitor completely blocked the stimulation of corticosteroid production.

Anti-inflammatory and antioxidant effects: Rich in bioactive compounds like cordycepin and polysaccharides, which reduce oxidative stress and inflammation caused by chronic stress. Protects neural and endocrine tissues from stress-related damage.⁵



Rhodiola Rosea

Rhodiola Rosea is an adaptogenic herb that has been studied for its ability to reduce stress, combat fatigue, and promote emotional balance. Its main bioactive compounds include rosavins and salidroside, which help manage stress and promote a sense of calm.

Regulation of the hypothalamic-pituitary-adrenal (HPA) axis: Rhodiola modulates the stress response by balancing cortisol production. The active compounds in rhodiola help reduce the release of corticotropin-releasing hormone (CRH) from the hypothalamus. CRH typically triggers a cascade that leads to cortisol production.

Enhancing neurotransmitter activity: Promotes serotonin, dopamine, and norepinephrine balance, improving mood and emotional resilience.⁶ Inhibits monoamine oxidase (MAO), which helps maintain healthy neurotransmitter levels.⁷

Adaptogenic properties: Increases resistance to physical, emotional, and environmental stressors.⁸ A randomised controlled trial looking at how Rhodiola affects anxiety, stress, mood, and cognition found that those who took Rhodiola reported feeling less anxious, stressed, angry, confused, and depressed, with overall better mood compared to those who didn't take it.⁹



Schisandra

Schisandra enhances resilience to stress, supports calmness, and improves overall vitality. Its unique phytochemicals, particularly **schisandrin**, **schisandrol**, and **gomisins**, act on the central nervous system, the HPA axis, and cellular pathways to optimise the stress response.

Regulation of the hypothalamic-pituitary-adrenal (HPA) axis: Schisandra chinensis and Rhodiola Rosea combined help the body manage stress by calming the HPA axis (the system controlling stress responses) and potentially lowering stress-related brain activity. This suggests these herbs have anti-stress effects.¹⁰

Enhancement of cellular energy and antioxidant defence: Schisandra improves mitochondrial function and ATP production, supporting energy levels, even during prolonged stress in animal models.¹¹



Kelp Extract

Kelp Extract is a rich source of iodine, antioxidants, vitamins, and minerals. Its high iodine content supports thyroid health, which is essential for managing stress, metabolism, and overall well being.

Thyroid health: The iodine in Kelp supports the normal function of the thyroid gland as well as supports a normal metabolism, which can be affected by chronic stress. Clinical trials have shown Kelp's ability to improve body composition and thyroid function. A double-blind, placebo-controlled trial showed statistically significant changes in metabolic markers after Kelp supplementation in overweight individuals. These findings may indicate Kelp's potential in modulating stress-related metabolic disturbances.¹⁶

Regulation of cortisol: Kelp Extract has been shown to balance cortisol levels. When raised, cortisol can negatively impact thyroid function, immune response, and overall health, so maintaining balance is essential for stress management.

Antioxidant protection: Kelp is rich in fucoidan and other antioxidants that protect the body from oxidative stress, which can be triggered by chronic stress. Oxidative stress increases cellular damage, ageing, and inflammation. A systematic review of brown seaweeds, including Kelp, highlights their ability to modulate inflammation and oxidative stress. Given that chronic inflammation can exacerbate dysregulated hypothalamic-pituitary-adrenal (HPA) axis activity, Kelp's anti-inflammatory properties might indirectly support stress resilience.¹⁷



L-Theanine

L-Theanine is an amino acid known for its calming and anxiolytic properties; it promotes relaxation without causing drowsiness, making it an ideal ingredient for managing stress and improving focus. L-Theanine works through multiple pathways in the brain, modulating neurotransmitter activity and enhancing alpha brainwave production, which is associated with a calm yet alert state.

Promotes delta brainwave activity: L-Theanine and magnesium combination increases delta brainwave production, which induces a state of relaxed alertness and mental clarity and induces deeper sleep.

These compounds also increased the levels of GABA, serotonin, and other key receptors in the brain, which help with relaxation and sleep.

Reduces cortisol and heart rate: L-Theanine lowers cortisol levels and heart rate during stress, promoting physical and emotional relaxation.¹²



L-Tyrosine

L-Tyrosine is a non-essential amino acid and a precursor for neurotransmitters, including dopamine, adrenaline and noradrenaline. These neurotransmitters play a role in the body's stress response, mood regulation, and cognitive function. By providing additional tyrosine and replenishing neurotransmitter levels, the body and brain are better able to function optimally during periods of acute or chronic stress, especially for functions such as mental performance, focus, and resilience.

Neurotransmitter synthesis: L-Tyrosine supports the production of dopamine, noradrenaline, and adrenaline, which are often depleted during stress.

HPA axis: L-Tyrosine supports catecholamine production, which modulates the hypothalamic-pituitary-adrenal (HPA) axis and reduces the physiological impact of stress.¹³

Cognitive preservation under stress: L-Tyrosine prevents stress-induced declines in working memory, attention, and decision-making by maintaining neurotransmitter levels in the brain. It is particularly effective during sleep deprivation or extreme physical or mental demands.¹⁴

Thyroid support: L-Tyrosine is also a precursor for thyroid hormones (T3 and T4), which can be negatively impacted by chronic stress, influencing metabolism and energy.¹⁵



Chromium

Chromium is a trace mineral that plays an essential role in insulin sensitivity and blood sugar regulation, and can be particularly useful for stress-related metabolic and hormonal dysregulation.

Blood sugar regulation: Chromium increases insulin sensitivity and stabilises blood sugar levels. Reducing blood sugar fluctuations that are worsened by stress-induced cortisol surges is essential in supporting clients with chronic stress.

Reducing insulin resistance: Chronic stress often impairs glucose metabolism, increasing the risk of insulin resistance. Chromium supplementation helps counteract this effect, promoting metabolic balance.



Magnesium

Magnesium is an essential mineral needed for over 300 biochemical enzymatic processes in the body. Many of these processes are involved in managing stress, anxiety, and overall nervous system health. Magnesium has been widely studied for its calming effects on the body and its role in GABA production and maintaining a healthy stress response. GABA helps regulate the body's stress hormones, supports muscle relaxation, and is involved in neurotransmitter regulation.

Regulation of stress hormones: Magnesium plays a role in regulating the stress response by influencing the production and activity of cortisol, the main stress hormone. Adequate magnesium levels help prevent excessive cortisol production, which can have harmful effects on the body when released in response to chronic stress.

Magnesium is a calcium channel blocker, meaning it prevents overactivation of the nervous system.

Neurotransmitter regulation: Magnesium is essential for the synthesis and function of serotonin, dopamine, and GABA. These neurotransmitters are responsible for regulating mood, calming the nervous system, and managing the body's response to stress. Magnesium helps promote GABA activity, which induces relaxation and reduces anxiety, thus providing a natural anxiolytic (anxiety-reducing) effect.

Sleep quality: Stress often disrupts sleep due to chronically raised cortisol. Magnesium promotes relaxation and supports the production of melatonin, the hormone responsible for regulating sleep. This contributes to improved sleep quality and reduced insomnia, which are commonly experienced by stressed individuals.



Vitamin B6

Vitamin B6, is essential for brain function, for the production of neurotransmitters and the regulation of the stress response. It is needed for maintaining healthy nervous system function, and its involvement in the synthesis of serotonin, dopamine, and gamma-aminobutyric acid (GABA) makes it an important nutrient in managing stress, mood, and anxiety.

Neurotransmitter synthesis: Vitamin B6 is required for the synthesis of the neurotransmitters serotonin, dopamine, and GABA. These neurotransmitters regulate mood, stress, and emotions.¹⁸ Vitamin B6 supplementation supports neurotransmitter production and helps stabilise mood, reduce irritability, and enhance emotional resilience under stress.

Cortisol regulation: Vitamin B6 is needed for the synthesis and regulation of cortisol and is needed by the adrenal glands for balancing cortisol production. During periods of chronic stress, B6 levels can become rapidly depleted.

Reduction of stress-induced symptoms: Vitamin B6 helps reduce common symptoms associated with stress, such as irritability, anxiety, fatigue and poor concentration.



Vitamin B5

Vitamin B5 is an essential nutrient for the synthesis of coenzyme A (CoA), involved in metabolic pathways, including the production of hormones, neurotransmitters, and red blood cells. Vitamin B5 also supports the adrenal glands, which produce cortisol, the main stress hormone, making it a key nutrient in stress management.

Adrenal Health and Cortisol Production: Vitamin B5 is integral to the function of the adrenal glands, which are responsible for producing cortisol. Adequate B5 levels support the body's ability to produce and regulate cortisol effectively. During chronic stress, the adrenal glands are often overworked and require additional Vitamin B5 to help them respond to stress.

Energy production and stress resilience: Stress can deplete energy reserves and increase fatigue. Additional Vitamin B5 helps maintain energy production, reducing feelings of exhaustion often linked to prolonged stress.

Neurotransmitter synthesis: Vitamin B5 is essential for synthesising acetylcholine, a neurotransmitter involved in cognitive function, mood regulation, and muscle function. Acetylcholine may help to stabilise mood in those with chronic stress and improve focus and clarity.



Selenium

Selenium is a trace mineral that plays a role in antioxidant defence, immune function, and regulation of thyroid hormones.

Antioxidant protection: Selenium is a major component of glutathione peroxidase. Chronic stress leads to the overproduction of free radicals, which can damage cells and tissues. By reducing oxidative stress via glutathione production, Selenium helps prevent the long-term damage to DNA, proteins, and lipids, which can be triggered by chronically raised cortisol levels.

Modulation of inflammation: Selenium has potent anti-inflammatory properties that help decrease the systemic inflammation associated with chronic stress, supporting the tissues in the brain.

Regulation of thyroid function: Selenium plays a role in the metabolism of thyroid hormones which are needed for regulating energy levels, mood, and stress responses. Selenium supports the conversion of T4 (thyroxine) to the active form T3 (triiodothyronine), which is essential for maintaining metabolic balance during times of stress.

Immune system support: Chronic stress suppresses immune function. Selenium helps strengthen the immune response by supporting the function of immune cells including T-cells, B-cells, and macrophages. By enhancing immune function, selenium helps the body cope with infections or illnesses that may arise as a result of stress.

Mood and cognitive function: Selenium has a beneficial impact on cognition and mood regulation¹⁹ by preventing oxidative damage to brain cells. Selenium deficiency has been linked to depression and anxiety, which are often worsened by chronic stress.



BioPerine® Black Pepper Extract

Black Pepper Extract that contains piperine, the active compound responsible for black pepper's numerous health benefits. BioPerine® enhances the bioavailability of various nutrients.

Enhancement of nutrient absorption: Piperine stimulates the secretion of digestive enzymes like pancreatic lipase and amylase, improving the breakdown of macronutrients into absorbable forms.

Modulation of neurotransmitters: Piperine has been shown to influence the levels of various neurotransmitters, including serotonin. Piperine boosts serotonin in areas of the brain like the hypothalamus and hippocampus. Serotonin is essential for regulating mood, stress response, and emotional wellbeing.²⁰

DRUG INTERACTIONS

Interaction Severity	Major	Levodopa	Tyrosine may decrease the effects of this drug. Magnesium can decrease the bioavailability of this drug.
	Moderate	Antidiabetes Drugs	Aswagandha, Chromium, Black Pepper and Rhodiola may increase the risk of hypoglycemia when taken with these drugs.
		Antihypertensive Drugs	Aswagandha, Thiamine, Vitamin B6 and Rhodiola may increase the risk of hypotension when taken with these drugs.
		Benzodiazepines	Aswagandha may increase the sedative risks of these drugs.
		CNS Depressants	Aswagandha and thiamine may increase the sedative effects of these drugs.
		Hepatotoxic Drugs	Aswagandha may increase the hepatotoxic effects of these drugs.
		Immunosuppressants	Aswagandha, Selenium and Cordyceps have immunostimulant effects and may decrease the effectiveness of these drugs. Rhodiola may interfere with the way these drugs work.
		Thyroid Hormones	Aswagandha and Tyrosine and kelp may increase the levels of thyroid hormones. Chromium may decrease the absorption of levothyroxine.
		Anticoagulant / Antiplatelet Drugs	Cordyceps, Selenium and Kelp may increase the risk of bleeding when taken with these drugs.
		Cytochrome P450 2C9 (CYP2C9) Substrates	Rhodiola may cause an increase in drugs that are metabolised through this pathway.
		Losartan	Rhodiola may increase the risk of adverse effects of this drug.
		P-glycoprotein Substrates	Rhodiola, Black Pepper and Schisandra may increase the blood levels of these drugs.
		Cyclophosphamide	Schisandra may increase the blood levels of this drug.

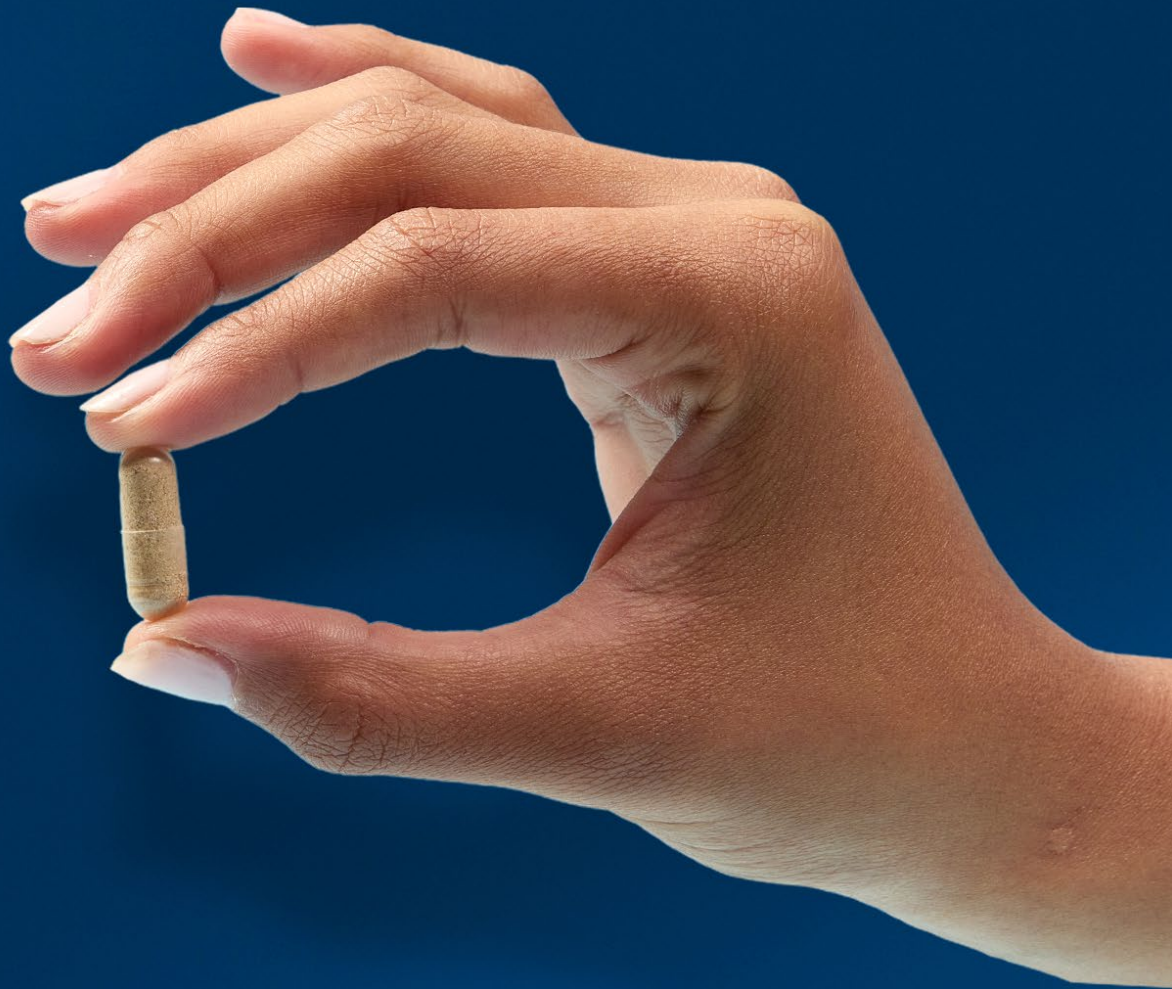
Cyclosporine	Schisandra may increase the blood levels of this drug.
Midazolam	Schisandra may increase the blood levels of this drug.
Sirolimus	Schisandra may increase the blood levels of this drug.
Tacrolimus	Schisandra may increase the blood levels of this drug.
Talinolol	Schisandra may increase the blood levels of this drug.
Antithyroid Drugs	Kelp may alter the effects of these drugs.
Amiodarone	Kelp with this drug may cause excessively high levels of iodine. Vitamin B6 may increase the photosensitivity caused by this drug.
Lithium	Kelp may increase the risk of hyperthyroidism when taken with this drug. Black pepper may increase the blood levels of this drug.
Insulin	Chromium may increase the risk of hypoglycemia when taken with this drug.
Aminoglycoside Antibiotics	Magnesium may increase the risk of muscular weakness from this drug.
Bisphosphonates	Magnesium may decrease the absorption of these drugs.
Quinolone Antibiotics	Magnesium may decrease the absorption of these drugs.
Sulfonylureas	Magnesium may increase the absorption of these drugs.
Barbiturates	Selenium may increase the length of sedation caused by these drugs.
Warferin	Selenium may interfere with the action of this drug.
Nevirapine	Black Pepper may increase the blood levels of this drug.
Pentobarbital	Black Pepper may increase the sedative effects of this drug.
Phenytoin	Black Pepper may increase the blood levels of this drug.

Interaction Severity	Moderate	Propranolol	Black Pepper may increase the blood levels of this drug.
		Rifampin	Black Pepper may increase the blood levels of this drug.
		Theophylline	Black Pepper may increase the blood levels of this drug.
	Minor	Gabapentin	Magnesium may decrease the absorption of this drug. Take at least 2 hours apart.
		Carbamazepine	Black Pepper may increase the blood levels of this drug.

Drug-nutrient interactions have been taken from the Natural Medicines Database, October 2024. Please do your own due diligence before recommending this product to individuals taking medicines.

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www.drvegan.com • team@drvegan.com