

**DIRECTIONS:** Take four (4) capsules twice a day after meals.

**Warning:** Consult a physician before using if pregnant or nursing. Do not use if seal is missing or broken.

**Keep out of the reach of children.**  
Store in a cool, dry place.

Formulation developed by:  
**SpaceAge**®  
Research Labs., U.S.A  
E-mail: [MoodBooster@space-age.com](mailto:MoodBooster@space-age.com)

## *Mood Booster*

### 60 Capsules

## Dietary Supplement

**Orthomolecular Nutrition  
Organic Minerals & Vitamins  
Synergistically Formulated  
Optimized for Intracellular Effect**

#### Supplement Facts

Serving Size: 4 Capsules  
Servings Per Container: 15

	<i>Amount per Serving</i>	<i>%DV</i>
Vitamin A	1500 IU	30%
Vitamin B-Complex	200 mg	> 1000%
Vitamin C	50 mg	83%
Boron	1.5 mg	*
Magnesium	400 mg	100%
Manganese	3 mg	66.6%
Mucuna Pruriens	600 mg	*
Zinc	10 mg	66.6%
* Daily Value not established		

**Other Ingredients:** Chromium, Copper, Iodine, Potassium, Selenium, Silicon and Vanadium.

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.

#### **Suitable for Mild to Moderate Symptoms of Depression and Anxiety**

Specially formulated Orthomolecular Nutritional Supplements optimized to alter intracellular nutritional levels and targeted to help reduce the symptoms of depression and anxiety.

**Ingredients:** Proprietary formulation containing: organic minerals fortified with a wide range of other supporting vitamins and minerals, synergistically formulated to serve as prescription strength doses for a therapeutic effect at intracellular levels on the human body.

**Serving size:** 4 capsules to be taken twice a day – morning with breakfast or lunch and evening or bedtime after dinner.

**SpaceAge**® Health Center

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**Your Quest For Perfect Health Ends Here !**



**DIRECTIONS:** Take four (4) capsules thrice a day after meals (breakfast, lunch & dinner).

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## *Mood Booster Pro* 60 Capsules Dietary Supplement

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* Daily Value not established		

**Other Ingredients:** Chromium, Copper, Gold, Iodine, Potassium, Selenium, Silicon and Vanadium.

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## Importance of Nano Gold

Nano Gold plays an important role in depression and anxiety and has been used in allopathy (western medicine) for more than 100 years and Ayurveda (ancient Indian medicine) for more than 2,000 years. Nano Gold is known for its anti-inflammatory and analgesic properties in western medicine and as a rejuvenating agent, longevity medicine and anti-depressant in Ayurveda. Besides nano gold is also known to help remove addictions to chemicals of all types, including withdrawal symptoms of alcohol, smoking, hard drugs, recreational drugs and prescription drugs.

### Here is how Nano Gold can help with Depression

The brain is a collection of about 10 billion interconnected neurons. Each neuron is a cell that uses biochemical reactions to receive, process and transmit information. In the brain, nerve cells communicate with each other through neurons and particularly in their interconnections, called synapses, which are the sites at which nerve cells communicate. It is believed that the nanometer sized particles in colloidal gold effect the electrical charges that are produced when those neurons fire, in effect enhancing the normal communication that takes place between the nerve cells. **The improved neural communications are believed to be responsible for reducing stress and anxiety and providing relief for depression.**

### Brain Inflammation & Severe Depression - not responding to prescription drugs

Many times severe depression (responding poorly to prescription drugs) is due to inflammation in the brain. **The ability of nano gold to penetrate the blood brain barrier and serve as an anti-inflammatory agent, can help to reduce the symptoms of depression.**

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## **Special Program for Chronic & Severe Symptoms of Depression and Anxiety Not Responding to Prescription Drugs**

This is a special Program which comprises of a 8 week safe herbal program to detoxify all the excretory organs of the body such as kidneys, colon, lungs, skin, blood and also the liver. In addition, it will rejuvenate the entire digestive system to enhance the absorption and retention of nutrition from the food you eat and the Orthomolecular Nutritional supplements you take. This is the foundation required to help speedy reduction in symptoms and their severity and to ensure the good effects obtained from our Orthomolecular Nutritional Programs are retained for a prolonged period of time and sustained through daily diet. For more information on **Detoxification & Rejuvenation Programs** please go to :<http://www.space-age.com/Detox.pdf>

This program is backed by over two decades of research and has its case studies published by A4M – The American Academy of Anti-Aging Medicine in their Anti-Aging Therapeutics Volume XII and XIII. This evidence based research is supported with before and after pathological studies of various organs and is one of the most elaborate detoxification and rejuvenations programs in the world. It may be pertinent to mention that cleansing the colon is no substitute for detoxification of the whole body. The results are remarkable and will be leave a very healthy and youthful glow on your face which others can't help complimenting you about. The link to the peer reviewed case studies given in these two published papers is:

<http://www.space-age.com/AntiagingOrlando.pdf>

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The entire two month Detoxification and Rejuvenation course comprises of 480 capsules to be taken over a two month period. This corresponds to an average of 8 capsules per day to be taken morning and at bedtime. **The importance of this program, especially in case of prolonged users of anti-depressant and anti-anxiety prescription medication, cannot be overstressed, due to the side effects of these drugs such as upset stomach, constipation, liver damage, lung damage, etc. mentioned under common Drug Side Effects.**

In addition, the program also includes **Mood Booster Pro** Orthomolecular Nutritional supplements to reduce the severity of the symptoms of depression and anxiety. This program recommends the taking of 4 capsules of orthomolecular nutritional supplements 3 times a day for the entire duration of the two month program.

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# \* Detoxification & Rejuvenation Kit

## Herbal Dietary Supplements

Overcome Ravages of Environmental Pollution & Exposure to Chemicals !

Helps Anti-Aging !

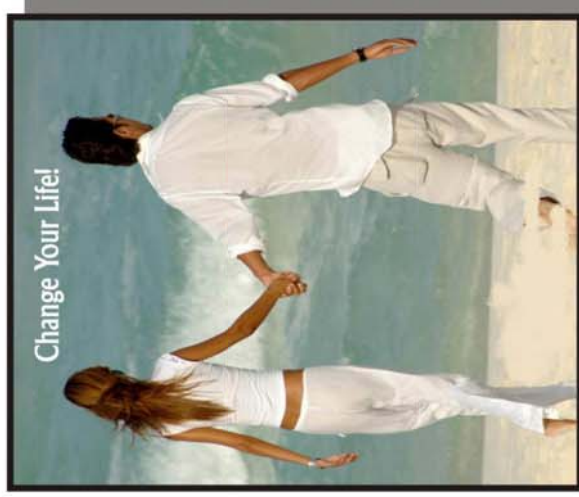
## Eight Week User Friendly Program

### A. Detoxification Program

1. Special Colon Cleanse - 60 Capsules
2. Super Kidney Care - 60 Capsules
3. LivMax - 60 Capsules
4. Detoxifier - 30 Capsules
5. Lung Clear - 30 Capsules

### B. Rejuvenation Program

6. Energizer - 60 Capsules
7. GastritiX - 60 Capsules
8. Liver Tonic - 60 Capsules
9. Digestive Aid - 60 Capsules
10. pH Test Kit
11. Basal Temperature Kit + Electronic Thermometer



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\* Case Studies done using these Detoxification and Rejuvenation Kits were presented in peer reviewed papers: "Detoxification & Intracellular Nutrition in Anti-Aging" at the International Conference of A4M American Academy of Anti-Aging Medicine at Orlando, Florida, USA in April 2009; and "Your First Steps to Anti-Aging" at San Jose California, USA in September 2009. These papers along with case studies are published in the Anti-Aging Therapeutics Volume 12 & 13 Textbook Series which are used by Physicians worldwide as Desk Reference Books in their day to day practice. For more information please visit: <http://www.space-age.com/aging.html> or refer to the **Detoxification & Rejuvenation Handbook** enclosed with this kit.

# MonoAtomic Gold in Depression

Colloidal gold has been reported to supplement the nervous system to relieve stress, anxiety and depression, increase energy and mental acuity, improve brain functions, increase motor skills, and reduce arthritis pain. Many report ADHD relief without drug side effects. MonoAtomic Gold is a true gold colloid, not ionic gold which is a neurotoxin. Totally non-toxic and produces no side effects.

## Depression

Depression is an illness that knows no boundaries. It affects millions of people each year of every age, sex, and race. Depression can be devastating for the affected person and for their loved ones. Despite many advances in the treatment of depression, barriers to recognize and receive proper treatment continue. As baby boomers grow into their golden years, the demand for depression remediation will increase. Modern medicine has been able to prolong life but not always the quality of life, leading sometimes to despair or depression. Once thought to be a normal part of the aging process, depression can now be cured when symptoms are identified and treated by appropriate means.

## How MonoAtomic Gold Works

The brain is a collection of about 10 billion interconnected neurons. Each neuron is a cell that uses biochemical reactions to receive, process and transmit information. In the brain, nerve cells communicate with each other through neurons and particularly in their interconnections, called synapses, which are the sites at which nerve cells communicate. It is believed that the nanometer sized particles in colloidal gold effect the electrical charges that are produced when those neurons fire, in effect enhancing the normal communication that takes place between the nerve cells. **The improved neural communications are believed to be responsible for reducing stress and anxiety and providing relief for depression.**

## Start feeling better

MonoAtomic Gold should be taken in the morning on an empty stomach for maximum absorption. Actual dosage will vary based on individual needs.

## Results / Testimonials

"After being thrown into chemical menopause from my chemo treatments for breast cancer, I was experiencing waves of anxiety and depression. The doctor wanted to put me on Sarafem (Prozac). Instead I tried Colloidal Gold. After a couple of weeks, I noticed the anxiety disappear and the depression very infrequent. I feel overall much calmer." - KH, Age 51

"MonoAtomic Gold has given me a new sense of well being, elevated my energy level and helped with depression. I still take my depression medication as well, but when I started taking the MonoAtomic Gold, I definitely felt better, had more energy and could deal with stress much better. I just feel better in general, and also much clearer. I don't know how else to describe it, things are just more clear and I just feel better overall." – JL



## Some Notes:

### Importance of Nano Gold

Nano Gold plays an important role in depression and anxiety and has been used in allopathy (western medicine) for more than 100 years and Ayurveda (ancient Indian medicine) for more than 2,000 years. Nano Gold is known for its anti-inflammatory and analgesic properties in western medicine and as a rejuvenating agent, longevity medicine and anti-depressant in Ayurveda. *Besides nano gold is also known to help remove addictions to chemicals of all types, including withdrawal symptoms of alcohol, smoking, tobacco chewing, hard drugs, recreational drugs and prescription drugs.*

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### Brain Inflammation & Severe Depression - not responding to prescription drugs

Many times severe depression (responding poorly to prescription drugs) is due to inflammation in the brain. **The ability of nano gold to penetrate the blood brain barrier and serve as an anti-inflammatory agent, can help to reduce the symptoms of depression.**

# MonoAtomic™ Gold Generator

## An Amazing Nutritional Supplement

Portable, Pocket Sized Machine makes Colloidal Gold in Minutes. Auto off for 1 to 15 ppm control.  
High purity Gold Electrode 99.99% good for upto 1,000 cups of Colloidal Gold solution.  
5.0 oz. (150 mL) Porcelain cup. 1.0 oz. (30 mL) Spray Bottle.  
AC Mains Adaptor with DC output. 0.15 oz. (5 mL) Dropper Bottles for Eyes & Ears.



**Research Applications:** Dietary Supplement for Oral / Sublingual and Topical applications. Useful in Neurological and Glandular / Hormonal disorders. Helps raise testosterone / Semen levels in males and increases libido in males and females. Pain reliever in Rheumatoid Arthritis. Anti-depressant. Helps increase will power to stop smoking, drinking, overeating or chewing tobacco. Helps improve intelligence, cognitive function and longevity. Helpful in Parkinson's, Alzheimer's & other Brain / Spinal injuries.

**Therapeutic Dose:** 1 cup 5.0 oz. (150 mL) morning and evening for 12 weeks. Hold each sip under the tongue for one to two minutes before swallowing to ensure direct delivery into the blood stream. Reduce dose gradually before discontinuing. For topical application, use a spray bottle.

**Nutritional Supplement:** One to two tablespoons in the morning / bedtime for prolonged periods as a Nutritional Supplement.

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### Note on the importance of this colloidal gold generator:

This is the only user friendly, professionally designed, Colloidal Gold Generator. It is so safe that it can produce Nano Gold right in your own kitchen or on your dining table. No dangerous high voltages, chemicals or laboratories are required. It is as simple as making a cup of tea or coffee. Nano Gold doses are accurately controlled by a highly advanced ppm controller.

The gold electrode is not made from 24 karat gold, but is made from a very high purity 99.99% medical grade gold. This ensures that toxic metals such as lead, nickel, cadmium, etc., are not ingested.

An investment worth making for the whole family. Gold finds multiple uses: from health, longevity and even cosmetics.

For more information please visit:

<http://www.space-age.com/gold.html>



## **Orthomolecular Nutrition for Depression & Anxiety - FAQs**

### **Q1.**

#### **What is Orthomolecular Medicine?**

Answer:

Orthomolecular Medicine is a concept created by Nobel Laureate Linus Pauling in 1968. Linus Pauling used high doses of vitamin C for the treatment of the common cold. Such high doses of vitamin C were later on also used by him for other illnesses. In 1968, he postulated that people's needs for vitamins and other nutrients vary markedly and that to maintain good health, many people need amounts of nutrients much greater than the Recommended Dietary Allowances (RDAs). He further postulated that megadoses of certain vitamins and minerals are the treatment of choice for some forms of mental illness. For this science, he coined the term "orthomolecular," meaning "right molecule." After that, he steadily expanded the list of illnesses that could be influenced by "orthomolecular" therapy and the number of nutrients suitable for such use. Thus the science of Orthomolecular Medicine was born.

### **Q2.**

#### **What is nutrition?**

Answer:

Nutrition is the use of vitamins and minerals. Some of the important vitamins are A, B-Complex, C, D and E. Some of the important minerals are Calcium, Iron, Zinc, Magnesium, Manganese, Chromium, Selenium, Sodium, Potassium, Phosphorous, etc.

### **Q3.**

#### **Why is nutrition so important for good health?**

Answer:

Due to the over cultivation of land and the use of synthetic fertilizers, the nutrition in the soil has been depleted to the point where the nutrition in our food supply has greatly diminished and presently is approximately just 25% of what it was 50 years back. These are the findings of the US Department of Agriculture (USDA). This has resulted in a lot of chronic diseases.

### **Q4.**

#### **How is normal nutrition different from Orthomolecular Nutrition?**

Answer:

Normal nutrition, as is found in supplements in health food stores for example, has lower (prophylactic) doses of vitamins and minerals, which temporarily affect the blood serum level and are readily excreted by the body. These are mainly inorganic in nature. Hence, these do not have any lasting effect on the human body and are not optimized to alter nutritional levels inside the cell (intracellular levels).

On the other hand, Orthomolecular Nutrition comprises of much larger doses of organic minerals and vitamins which have a therapeutic effect on the human body and are optimized to alter intracellular levels of nutrition – this is where the nutrition is really required. These type of nutrients are not only readily absorbed, but are also retained by

the human body for extended periods of time. Once nutritional levels are correct inside a cell, they have a more lasting effect and this can help to reduce the severity of a lot of chronic diseases, which are aggravated due to nutritional deficiencies.

Altering intracellular nutritional levels is very difficult to achieve. It requires the use of nutrients in a synergistic manner, should be organic in nature and at therapeutic dose levels. These nutrients are optimized to quickly alter nutrition inside the cell and are hence known as intracellular nutrients or Orthomolecular Nutrition and the science as Orthomolecular Medicine. Hence, Orthomolecular Nutrition comprises of very complex formulations and are different from standard off the shelf nutritional supplements available at health food stores, which are low dose and prophylactic in nature.

#### **Q5.**

**What are some of the practical benefits of using Orthomolecular supplements?**

Answer:

Orthomolecular supplements have therapeutic benefits on the human body. For example, they can be used to reduce the severity of the symptoms of depression / anxiety, high blood pressure, type 2 diabetes, enlarged prostate, hormone imbalance, thyroid problems, to name a few.

Almost all chronic diseases can benefit from the use of therapeutic doses of nutrition formulated as per the requirements of Orthomolecular Medicine.

#### **Q6.**

**Coming back to the depression and anxiety, what are some of the main nutrients that are found deficient at intracellular levels?**

Answer:

Zinc, magnesium and the whole range of B-Complex vitamins are some of the most popular intracellular nutritional deficiencies found in people suffering from depression and anxiety. To be really effective, these need to be administered with a host of other nutrients in the correct proportions to ensure intracellular optimization and extended retention in the human body.

#### **Q7.**

**Why do nutritional deficiencies occur in the human body?**

Answer:

- a) Over cultivation of land and the use of synthetic fertilizers has resulted in the depletion of soil nutritional levels. This has resulted in reduced level of nutrition in the food supply to less than 25% of what it was about 50 years back.
- b) Weak digestive system which does not efficiently absorb and retain nutrition from the food we eat and the supplements that we take.

An efficient digestive system is the foundation and should be optimized for efficient use of nutrients for the treatment of chronic diseases. To achieve this, a good detoxification of all the excretory organs like the kidneys, colon, lungs, skin, blood and also the liver is

very important, along with the rejuvenation of the entire digestive tract. This will ensure proper flow of digestive gastric acids in the stomach, enzymes from the pancreas required for the digestion of proteins, carbohydrates and fats, and adequate flow of bile from the liver to digest the food in the small intestine.

Optimizing the digestive system will ensure that our body receives nutrition not only from the orthomolecular supplements we take but also from the food we eat. Once a treatment is carried out using Orthomolecular Medicine, the body should rely on food alone aided by an optimized digestive system to ensure that the good effects of the therapeutic doses of Orthomolecular Nutrition taken are maintained into the future.

### **Q8.**

#### **How safe are Orthomolecular nutritional supplements?**

Answer:

- a) They are safe as they are just nutrition, same as is found in a healthy human body. Hence they are biocompatible.
- b) Special care is taken not to use extremely high doses of any one nutrient in isolation which can imbalance the body.
- c) The nutrients are at safe dose levels and are in addition synchronized with other nutrients to closely mimic the nutrients found in naturally occurring food. This ensures that they are compatible with the human body and are as close as possible to nutrition found in nature.

### **Q9.**

#### **How long does it take to show some positive results?**

Answer:

If your body has begun to manifest serious symptoms like depression or anxiety, it means that these deficiencies are large and need your immediate attention. It is estimated that it will take about six months of continuous supplementation to reduce these deficiencies. However, it is best to also monitor your blood levels periodically, once symptoms reduce, to ensure efficient use of the nutrients being taken.

The human body has a safety mechanism to excrete nutrients not required for its operation. This is the reason why it is very difficult to poison the human body with food taken even in excess of our daily requirements.

### **Q10.**

#### **What are the recent advances in Orthomolecular science?**

Answer:

During the last few decades, further research in this science has resulted in a plethora of nutritional supplements which are optimized to safely enhance intracellular nutritional levels, by carrying nutrition to the center of the cell where it is really required. Ordinary nutritional supplements, available in health food stores, are designed to only temporarily alter serum nutritional levels and are weak prophylactic doses, which are not capable of therapeutic action on the human body. These prophylactic doses will therefore not be

found effective for the purpose of reducing symptoms or severity of depression and / or anxiety.

Quite often carrier mechanisms are used coupled with cell membrane permeability enhancing mechanisms to help achieve intracellular penetration more efficiently. Hence, Orthomolecular Nutrition comprises of very complex formulations and are different from standard off the shelf nutritional supplements available at health food stores, which are basically low dose and prophylactic in nature.

### **Q11.**

**If I decide to take Orthomolecular supplements should I discontinue my present prescription medication?**

Answer:

You should not discontinue your present medication. Orthomolecular nutritional supplements can be added to the present medication and are best taken that way keeping your safety in mind. As your symptoms reduce in severity your physician who prescribed these medications will be happy to review these doses for you and make necessary changes.

### **Q12.**

**What is the basic difference between prescription drugs and orthomolecular nutritional supplements?**

Answer:

Prescription drugs like Prozac, Zoloft, Effexor, etc. are synthetic chemical molecules designed to treat the symptom and give immediate relief. This is the advantage of pharmaceutical preparations. They create immediate order in a chaotic situation. They are also very useful to save lives of people. However, when used on a long term bases, they tend to manifest side effects. In order to control the symptoms, these drugs need to be administered daily for the rest of your life. If you stop, the symptoms return.

On the other hand, orthomolecular nutritional supplements are designed to treat the root causes of the symptom and do not give immediate relief as they are slow acting in nature. You may need to take them for a few months to a year depending on the severity of the symptoms. The advantage is that there are hardly any side effects when administered correctly and once the symptoms are corrected you should not need to take them daily for the rest of your life. Since we are treating the root cause of the problem the symptoms normally do not return when these nutritional supplements are stopped.

It is highly recommended not to stop your prescriptions drugs when you commence taking orthomolecular supplements. These should be taken in conjunction with each other and are best taken that way in order to ensure your safety. As the severity of your symptoms subside, your physician will be more than happy to review the doses of your prescription medication.

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Keywords:

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