PsyLab
BIOCHEMICAL MENTAL HEALTH
ANALYSIS • TEST • SAMPLE • NUTRITIONAL SUPPORT

PRODUCT CATALOGUE

Vitamins, minerals and amino acids for the PsyLab biotypes



36 products

Contents

Vitamins		Page
Vitamin A 8000 IU	90 capsules	1
Vitamin B1	90 capsules	1
Active B2	90 capsules	1
Vitamin B3	90 capsules	2
Vitamin B5	100 tablets	2
Vitamin B6 P-5-P	100 tablets	2
Folic acid	90 capsules	3
Vitamin Methyl B12	100 tablets	3
Choline bitartrate	100 tablets	3
Vitamin C 500	100 capsules	4
Vitamin D3 Max	150 tablets	4
Vitamin E 400 IU	100 capsules	4

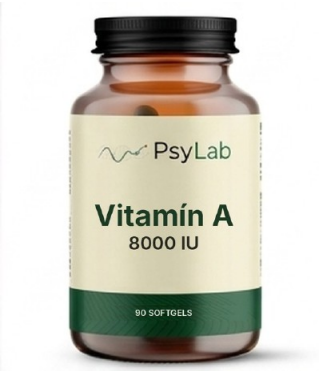
Minerals		Page
Calcium citrate 600	100 tablets	5
Magnesium chelate	60 capsules	5
Magnesium Malate (sold out)	90 capsules	5
Zinc chelate	100 tablets	6
Iron chelate	100 tablets	6
Selenium	200 tablets	6
Copper gluconate	100 tablets	7

Amino acids		Page
L-Methionine	90 capsules	7
Taurine	90 capsules	7
L-Glutamine	90 capsules	8
L-Glycine	90 capsules	8
GABA	90 capsules	8
L-Theanine	90 tablets	9
L-Tryptophan	100 tablets	9
5-HTP (Griffonia)	90 capsules	9
L-Tyrosine	90 capsules	10
L-Phenylalanine	100 g powder	10
L-Aspartic acid	100 g powder	10
L-Histidine HCl	100 g powder	11

Other substances		Page
Betaine TMG	90 capsules	11
SAMe	60 capsules	11
Inositol	100 g powder	12
Omega 3 TG	100 capsules	12
Liposomal L-glutathione 500 mg	200 ml	12

Important notice: Food supplements. Do not exceed the recommended daily dose. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of the reach of children. The products are not intended for children, persons under 18, or pregnant and breastfeeding women. NRV = nutrient reference value. Pack images are illustrative.

VITAMINS



90 capsules

Vitamin A 8000 IU

– Vitamin A in an oil capsule

- Vitamin A contributes to the maintenance of normal vision.
- Contributes to the maintenance of normal skin and mucous membranes.
- Contributes to the normal function of the immune system.
- 8000 IU of vitamin A in one capsule.
- Also available in a pack of 365 capsules.

Composition per daily dose

	1 capsule	NRV
Vitamin A	8000 IU	300 %

Recommended dose: 1 capsule a day with a meal.



90 capsules

Vitamin B1

– Thiamine in a pure vegan capsule

- Vitamin B1 (thiamine) contributes to normal energy-yielding metabolism.
- Contributes to the normal functioning of the nervous system and to normal psychological function.
- Contributes to the normal function of the heart.
- Vegan capsules without unnecessary fillers (SmartPure).
- Also available in a pack of 365 capsules.

Composition per daily dose

	1 capsule	NRV
Vitamin B1 (thiamine)	see label	

Recommended dose: As recommended on the label.



90 capsules

Active B2

– Riboflavin for energy metabolism

- Vitamin B2 (riboflavin) contributes to normal energy-yielding metabolism.
- Contributes to the maintenance of normal red blood cells and to normal iron metabolism.
- Contributes to the protection of cells from oxidative stress and to the reduction of tiredness and fatigue.
- A precisely dosed amount of riboflavin in every capsule.
- Vegan capsules without unnecessary fillers (SmartPure).

Composition per daily dose

	1 capsule	NRV
Vitamin B2 (riboflavin)	see label	

Recommended dose: As recommended on the label.



90 capsules

Vitamin B3

– Pure nicotinamide without fillers

- Vitamin B3 as nicotinamide – without fillers or bulking agents.
- Contributes to normal energy-yielding metabolism.
- Contributes to the normal functioning of the nervous system and to normal psychological function.
- Contributes to the maintenance of normal skin and to the reduction of tiredness and fatigue.
- 500 mg of nicotinamide in one capsule.

Composition per daily dose

	1 capsule	NRV
Vitamin B3 (nicotinamide)	500 mg	3125 %

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose).

Recommended dose: 1 capsule a day with a meal and plenty of water.



100 tablets

Vitamin B5

– Pantothenic acid

- Pantothenic acid contributes to normal energy-yielding metabolism.
- Contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters.
- Contributes to normal mental performance.
- Contributes to the reduction of tiredness and fatigue.
- The body uses it to make coenzyme A.

Composition per daily dose

	1 tablet	NRV
Pantothenic acid (vitamin B5)	see label	

Recommended dose: As recommended on the label.



100 tablets

Vitamin B6 P-5-P

– Active coenzyme form of vitamin B6

- Pyridoxal-5-phosphate (P-5-P) is the enzymatically active form of vitamin B6 that the body does not need to convert.
- Vitamin B6 contributes to the normal functioning of the nervous system and to normal psychological function.
- Contributes to normal protein and glycogen metabolism and to normal homocysteine metabolism.
- Contributes to the reduction of tiredness and fatigue.
- 25 mg of vitamin B6 in one tablet.

Composition per daily dose

	1 tablet	NRV
Pyridoxal-5-phosphate (vitamin B6)	25 mg	1786 %

Other ingredients: Microcrystalline cellulose (bulking agent), magnesium stearate of plant origin (anti-caking agent).

Recommended dose: 1 tablet a day with plenty of water.



90 capsules

Folic acid

– Patented bioactive form of folate

- Quatrefolic® is the glucosamine salt of 5-methyltetrahydrofolate (5-MTHF) – the same form of folate that occurs naturally in the body.
- It is an active form that the body does not need to convert like ordinary folic acid.
- Folate contributes to normal homocysteine metabolism and to normal psychological function.
- Contributes to the reduction of tiredness and fatigue.
- 400 µg of active folate in one vegan capsule.

Composition per daily dose

	1 capsule	NRV
Quatrefolic® (5-MTHF salt)	741 µg	–*
of which 5-methyltetrahydrofolate	400 µg	200 %

* NRV not established

Other ingredients: Acacia fibre, vegetarian capsule (hydroxypropyl methylcellulose).

Recommended dose: 1 capsule a day with plenty of water.



100 tablets

Vitamin Methyl B12

– Methylated form of vitamin B12

- Methylcobalamin – the active methylated form of vitamin B12.
- Contributes to normal red blood cell formation and to normal homocysteine metabolism.
- Contributes to the normal functioning of the nervous system, to normal psychological function and to the normal function of the immune system.
- Contributes to the reduction of tiredness and fatigue.
- 250 µg of vitamin B12 in one tablet, suitable for vegans.

Composition per daily dose

	1 tablet	NRV
Vitamin B12 (methylcobalamin)	250 µg	10 000 %

Other ingredients: Microcrystalline cellulose, maltodextrin, dicalcium phosphate (bulking agents), magnesium stearate of plant origin.

Recommended dose: 1 tablet a day with plenty of water.



100 tablets

Choline bitartrate

– Choline for the liver and fat metabolism

- Choline contributes to the maintenance of normal liver function.
- Contributes to normal lipid metabolism.
- Contributes to normal homocysteine metabolism.
- Choline bitartrate in tablet form.
- Also available as a powder.

Composition per daily dose

	1 tablet	NRV
Choline bitartrate	see label	

Other ingredients: Microcrystalline cellulose, magnesium stearate of plant origin, silicon dioxide.

Recommended dose: As recommended on the label.



100 capsules

Vitamin C 500

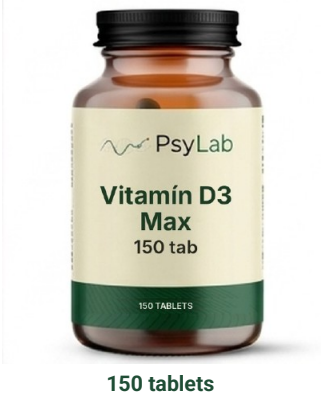
– Ascorbic acid in capsules

- Vitamin C contributes to the normal function of the immune system.
- Contributes to the protection of cells from oxidative stress.
- Contributes to normal collagen formation and increases iron absorption.
- Contributes to normal psychological function and to the reduction of tiredness and fatigue.
- 500 mg of vitamin C in one capsule.

Composition per daily dose

	1 capsule	NRV
Vitamin C	500 mg	625 %

Recommended dose: 1 capsule a day with plenty of water.



150 tablets

Vitamin D3 Max

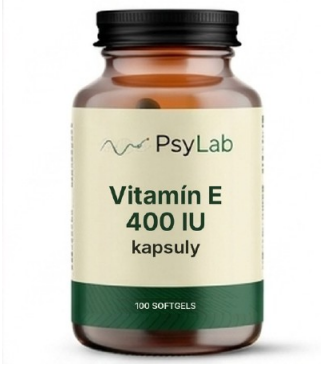
– Vitamin D3 for 300 days

- Vitamin D contributes to the normal function of the immune system.
- Contributes to the maintenance of normal bones and teeth and normal muscle function.
- Contributes to normal absorption of calcium and phosphorus.
- From October to March the skin does not make enough of it at our latitudes.
- One pack lasts 300 days (½ tablet a day).

Composition per daily dose

	½ tablet	NRV
Vitamin D3	50 µg (2000 IU)	1000 %

Recommended dose: ½ tablet a day.



100 capsules

Vitamin E 400 IU

– Antioxidant in an oil capsule

- Vitamin E contributes to the protection of cells from oxidative stress.
- Oil softgel capsule – a fat-soluble vitamin.
- 400 IU (268 mg) of vitamin E in one capsule.
- Take with a meal that contains fat.

Composition per daily dose

	1 capsule	NRV
Vitamin E	268 mg (400 IU)	2233 %

Recommended dose: 1 capsule a day with a meal.

MINERALS



100 tablets

Calcium citrate 600

– Organic form of calcium, gentle on the stomach

- Calcium is needed for the maintenance of normal bones and teeth.
- Contributes to normal muscle function and to normal neurotransmission.
- Calcium citrate is an organic form that is gentle on the stomach.
- 360 mg of calcium per daily dose.

Composition per daily dose

	daily dose	NRV
Calcium (calcium citrate)	360 mg	45 %

Recommended dose: As recommended on the label.



60 capsules

Magnesium chelate

– Magnesium bisglycinate without additives

- Magnesium in chelated form (bisglycinate) – bound to the amino acid glycine.
- Contributes to the reduction of tiredness and fatigue.
- Contributes to normal functioning of the nervous system and muscles and to electrolyte balance.
- 200 mg of elemental magnesium per daily dose.
- No fillers, anti-caking or bulking agents, suitable for vegans.

Composition per daily dose

	1 capsule	2 capsules	NRV
Magnesium bisglycinate	800 mg	1600 mg	–*
of which magnesium	100 mg	200 mg	53 %

* NRV not established

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose).

Recommended dose: 2 capsules a day with a meal and plenty of water.



90 capsules

CURRENTLY SOLD OUT

Magnesium Malate

– Magnesium bound to malic acid

- Magnesium malate – magnesium bound to malic acid, which occurs naturally in fruit.
- Magnesium contributes to the reduction of tiredness and fatigue and to normal energy-yielding metabolism.
- Contributes to normal functioning of the nervous system and muscles and to normal psychological function.
- 240 mg of elemental magnesium per daily dose, without fillers or additives.

Composition per daily dose

	1 capsule	2 capsules	NRV
Magnesium malate	800 mg	1600 mg	–*
of which magnesium	120 mg	240 mg	64 %

* NRV not established

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose).

Recommended dose: 2 capsules once a day with a meal and plenty of water.



100 tablets

Zinc chelate

– Zinc bisglycinate bound to glycine

- Zinc chelated with the amino acid glycine, which makes it easy to absorb.
- Contributes to the normal function of the immune system.
- Contributes to normal carbohydrate, fatty acid and macronutrient metabolism.
- Contributes to the maintenance of normal skin, hair and nails.
- MAX version – 25 mg of zinc in one tablet.

Composition per daily dose

	1 tablet	NRV
Zinc (zinc bisglycinate chelate)	25 mg	250 %

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, magnesium stearate of plant origin.

Recommended dose: 1 tablet a day with plenty of water.



100 tablets

Iron chelate

– Iron as bisglycinate

- Iron contributes to normal formation of red blood cells and haemoglobin.
- Contributes to normal oxygen transport in the body.
- Contributes to normal cognitive function and to the reduction of tiredness and fatigue.
- Chelated form (bisglycinate) that the body handles easily.
- Take in a targeted way – ideally after a blood test (ferritin).

Composition per daily dose

	1 tablet	NRV
Iron (ferrous bisglycinate)	see label	

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, magnesium stearate of plant origin.

Recommended dose: As recommended on the label.



200 tablets

Selenium

– Sodium selenite in tablets

- Selenium contributes to the protection of cells from oxidative stress.
- Contributes to normal thyroid function and to the normal function of the immune system.
- Contributes to the maintenance of normal hair and nails.
- No preservatives, GMO-free.

Composition per daily dose

	1 tablet	NRV
Selenium (sodium selenite)	see label	

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, magnesium stearate of plant origin.

Recommended dose: As recommended on the label.



100 tablets

Copper gluconate

– Copper at 100% NRV

- Copper contributes to the normal function of the immune system.
- Contributes to normal energy-yielding metabolism and to normal iron transport.
- 1 mg of copper in one tablet.
- Do not take without consultation in copper overload or pyroluria.

Composition per daily dose

	1 tablet	NRV
Copper (copper gluconate)	1 mg	100 %

Recommended dose: 1 tablet a day.

AMINO ACIDS



90 capsules

L-Methionine

– Essential sulphur amino acid

- L-methionine is one of the essential amino acids that the body cannot make on its own.
- It is a natural component of proteins in the human body.
- In the body it is the starting material for cysteine, taurine and SAMe.
- 500 mg of pure L-methionine in one vegan capsule, without additives.

Composition per daily dose

	1 capsule	NRV
L-methionine	500 mg	–*

* NRV not established

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose).

Recommended dose: 1 capsule a day with plenty of water.



90 capsules

Taurine

– Sulphur amino acid naturally present in cells

- Taurine is a sulphur amino acid that occurs naturally in the body – especially in the heart, muscles, brain and retina.
- Popular with active people and athletes.
- 2100 mg of pure taurine per daily dose (700 mg per capsule).
- Vegan capsules without artificial additives or colourings, laboratory tested.

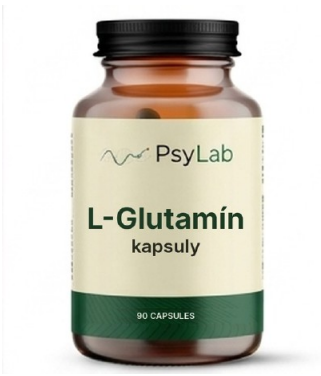
Composition per daily dose

	1 capsule	3 capsules	NRV
Taurine	700 mg	2100 mg	–*

* NRV not established

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose).

Recommended dose: 3 capsules a day with plenty of water.



90 capsules

L-Glutamine

– The most abundant free amino acid in the body

- L-glutamine is the most abundant free amino acid in the human body.
- Popular with athletes during intense training.
- 4500 mg of L-glutamine per daily dose.
- 100% pure, no additives (SmartPure).

Composition per daily dose

	daily dose	NRV
L-glutamine	4500 mg	–*

* NRV not established

Recommended dose: As recommended on the label.



90 capsules

L-Glycine

– The simplest amino acid, a building block of collagen

- Glycine makes up almost a third of collagen.
- In the nervous system it acts as a neurotransmitter.
- Popular for a calm evening.
- 1200 mg of glycine per daily dose (2 capsules).
- Also available in a pack of 365 capsules.

Composition per daily dose

	1 capsule	2 capsules	NRV
Glycine	600 mg	1200 mg	–*

* NRV not established

Recommended dose: 2 capsules a day.



90 capsules

GABA

– Gamma-aminobutyric acid

- GABA is a natural neurotransmitter.
- A popular part of an evening routine.
- 450 mg of GABA in one capsule.
- 1 capsule a day – one pack lasts 3 months.
- Suitable for vegans, no fillers (SmartPure).

Composition per daily dose

	1 capsule	NRV
GABA	450 mg	–*

* NRV not established

Recommended dose: 1 capsule a day.



90 tablets

L-Theanine

– Amino acid from green tea

- L-theanine is an amino acid that occurs naturally in green tea.
- Popular for focus without the side effects of caffeine.
- Daily dose up to 200 mg.
- Not intended for persons under 18.

Composition per daily dose

	daily dose	NRV
L-theanine	≤ 200 mg	–*

* NRV not established

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, magnesium stearate of plant origin.

Recommended dose: As recommended on the label.



100 tablets

L-Tryptophan

– Essential amino acid, a building block of serotonin

- L-tryptophan is an essential amino acid that the body cannot make.
- It is the starting material for serotonin and melatonin.
- Popular as part of an evening routine and for sleep.
- Do not combine with antidepressants. Use with caution in histapenia.

Composition per daily dose

	1 tablet	NRV
L-tryptophan	see label	

Other ingredients: Microcrystalline cellulose (bulking agent), magnesium stearate of plant origin.

Recommended dose: As recommended on the label.



90 capsules

5-HTP (Griffonia)

– Extract from Griffonia simplicifolia seeds

- 5-HTP is the direct precursor of serotonin.
- Obtained from an extract of Griffonia simplicifolia seeds.
- 100 mg of 5-HTP per dose.
- Vegetarian capsules; also in a pack of 180 capsules.
- Do not combine with antidepressants. Use with caution in histapenia.

Composition per daily dose

	1 dose	NRV
5-HTP (from Griffonia extract)	100 mg	–*

* NRV not established

Recommended dose: Once a day, ideally in the evening.



90 capsules

L-Tyrosine

– Precursor of dopamine and noradrenaline

- L-tyrosine is the starting material for dopamine and noradrenaline.
- Popular for demanding mental work.
- 400 mg of L-tyrosine in one capsule.
- No fillers, colourings or preservatives (SmartPure); lasts about 3 months.
- Use with caution in histapenia (low histamine).

Composition per daily dose

	1 capsule	NRV
L-tyrosine	400 mg	–*

* NRV not established

Recommended dose: 1 capsule a day.



100 g powder

L-Phenylalanine

– Essential amino acid in powder form

- L-phenylalanine is an essential amino acid.
- The body uses it to make tyrosine and then dopamine and noradrenaline.
- Pure powder without additives.
- Not suitable in phenylketonuria. Use with caution in histapenia.

Composition per daily dose

	daily dose	NRV
L-phenylalanine	see label	

Other ingredients: None – 100% pure substance.

Recommended dose: As recommended on the label, dissolve in water.



100 g powder

L-Aspartic acid

– Pure amino acid in powder form

- Aspartic acid takes part in energy production in cells.
- 500 mg per dose.
- 100% pure powder without additives.
- Listed in the PsyLab tables among substances requiring caution (GABA).

Composition per daily dose

	daily dose	NRV
L-aspartic acid	500 mg	–*

* NRV not established

Other ingredients: None – 100% pure substance.

Recommended dose: 500 mg a day, dissolved in water.



100 g powder

L-Histidine HCl

– Essential amino acid in powder form

- L-histidine is an essential amino acid – the body cannot make it.
- It is a building block of carnosine and the starting material for histamine.
- 1000 mg per daily dose.
- 100% pure powder without sweeteners, flavourings or fillers.
- Do not take in histadelia (high histamine) or pyroluria.

Composition per daily dose

	daily dose	NRV
L-histidine hydrochloride	1000 mg	–*

* NRV not established

Other ingredients: None – 100% pure substance.

Recommended dose: 1000 mg a day, dissolved in water.

OTHER SUBSTANCES



90 capsules

Betaine TMG

– Trimethylglycine – a methyl group donor

- Betaine contributes to normal homocysteine metabolism.
- Trimethylglycine (TMG) is a natural methyl group donor.
- It takes part in cell osmoregulation.
- Vegan capsules, 100% pure, no fillers (SmartPure).
- Use with caution in the histapenia biotype (low histamine).

Composition per daily dose

	daily dose	NRV
Trimethylglycine (betaine)	≤ 1800 mg	–*

* NRV not established

Recommended dose: As recommended on the label.



60 capsules

SAMe

– S-adenosyl-L-methionine

- SAMe is the main methyl group donor in the body.
- It is made in the body from the amino acid methionine.
- 400 mg of SAMe in one capsule, with added organic baobab.
- No unnecessary fillers, colourings or preservatives (SmartPure).
- One pack lasts 2 months. Do not combine with antidepressants without consultation.

Composition per daily dose

	1 capsule	NRV
SAMe (S-adenosyl-L-methionine)	400 mg	–*
Organic baobab	100 mg	–*

* NRV not established

Recommended dose: 1 capsule a day.



100 g powder

Inositol

– Pure inositol powder

- Inositol is a natural component of cell membranes.
- Biologically active form (myo-inositol).
- Suitable for vegans and vegetarians.
- The powder dissolves easily in water.
- Use with caution in the histapenia biotype (low histamine).

Composition per daily dose

	daily dose	NRV
Inositol	see label	

Other ingredients: None – 100% inositol.

Recommended dose: As recommended on the label, dissolve in water.



100 capsules

Omega 3 TG

– Fish oil in its natural triglyceride form

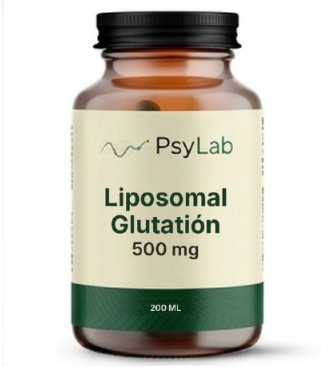
- EPA and DHA contribute to the normal function of the heart (with a daily intake of 250 mg).
- DHA contributes to the maintenance of normal brain function and normal vision.
- 300 mg of EPA + DHA in one capsule.
- Triglyceride (TG) form as found in nature.
- Just 1 capsule a day; also in a pack of 200 capsules.

Composition per daily dose

	1 capsule	NRV
Fish oil	1000 mg	–*
of which EPA	180 mg	–*
of which DHA	120 mg	–*

* NRV not established

Recommended dose: 1 capsule a day with a meal.



200 ml

Liposomal L-glutathione 500 mg

– Glutathione in liquid liposomal form

- The body makes glutathione naturally; it is found in almost every cell.
- It consists of three amino acids: cysteine, glycine and glutamic acid.
- Liposomal technology – particles similar to cell membranes.
- 500 mg of L-glutathione per dose.
- Liquid form (BioMedical brand).

Composition per daily dose

	1 dose	NRV
L-glutathione	500 mg	–*

* NRV not established

Recommended dose: As recommended on the label.