



CraveArrest™

Anti-Craving Support*



BODY COMPOSITION†



CraveArrest™ is a synergistic formula of nutrients and herbs designed to help maintain healthy neurotransmitter production and function that may influence the body's craving signals and adrenal gland function.* This promotes a balanced stress response and plays an essential role in promoting normal appetite and cravings.* L-tyrosine and 5-hydroxytryptophan (5-HTP) are the precursors to dopamine and serotonin, respectively, and these are included in an ideal 10:1 ratio to support normal neurotransmitter production.* Rhodiola, an adaptogenic herb, promotes a healthy stress response.* B vitamins and vitamin C further support neurotransmitter synthesis and promote normal cellular energy production and nervous system function.*

Serotonin is known as the “feel good” neurotransmitter that supports stable moods and a sense of well-being. Dopamine is the neurotransmitter that affects the pleasure centers in the brain. Many factors have an impact on these and other neurotransmitters and hormonal balance, such as age, genetics, circadian rhythms, stress, diet, exercise, and certain medications. Dieting is known to lower levels of tryptophan, an amino acid needed to make serotonin, which may affect appetite and food cravings. Supporting neurotransmitter production with precursors and cofactors, such as L-tyrosine, 5-HTP, B vitamins, and vitamin C, may play a supportive role in the control of food cravings and mood swings.*

Benefits*

- Supports normal appetite
- Supports food cravings

Recommended Use

Take 2 capsules per day on an empty stomach or as directed by your health-care practitioner.

Warning: Consult your health-care practitioner before use if you are pregnant, lactating, or are taking selective serotonin reuptake inhibitors (SSRI) or monoamine oxidase (MAO) inhibitors.

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Highlights

- 10:1 ratio of L-tyrosine and 5-HTP to support normal neurotransmitter production*
- 50 mg of Rhodiola standardized to contain 3% rosavins and 1% salidroside to support a healthy stress response*
- B vitamins in their active forms for enhanced bioavailability and absorption

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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

*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.

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