



DeplinPRO Mood Health™:

A multi-pathway nutritional approach to depression care

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For patients aged 12 years and older.

DeplinPRO Mood Health™ is a medical food specially formulated to meet the distinctive nutritional requirements for neurotransmitter imbalances in the clinical dietary management of mood disorder

01/26 ALUSA-01493

DeplinPRO Mood Health™

DeplinPRO Mood Health™ is a medical food specially formulated to meet the distinctive nutritional requirements for neurotransmitter imbalances in the clinical dietary management of mood disorders.

DeplinPRO Mood Health™ contains:

15 mg L-methylfolate calcium

25 mg zinc from zinc bisglycinate

50 mcg (2000 IU) cholecalciferol (vitamin D₃)

250 mg γ-glutamylethylamide (L-theanine)

- Aims to restore **neurotransmitter homeostasis** in people with depression who have higher nutritional demands
- Multi-action targeted nutrition **designed to support 5 key factors of depression management:** mood regulation,¹⁻⁴ neuroprotection,³⁻⁸ mental resilience,^{6,9,10} stress management,^{2,5,9} and cognitive function.^{4,5,9,11}
- Targets **key neurological pathways** involved in depression to help **restore balance in neurotransmission** and **support effective treatment response**.
- Contains safe and well-tolerated ingredients.

DeplinPRO Mood Health™ is for patients aged 12 years and older.

Use under medical supervision. Intended to be used with an antidepressant. 1 capsule QD.

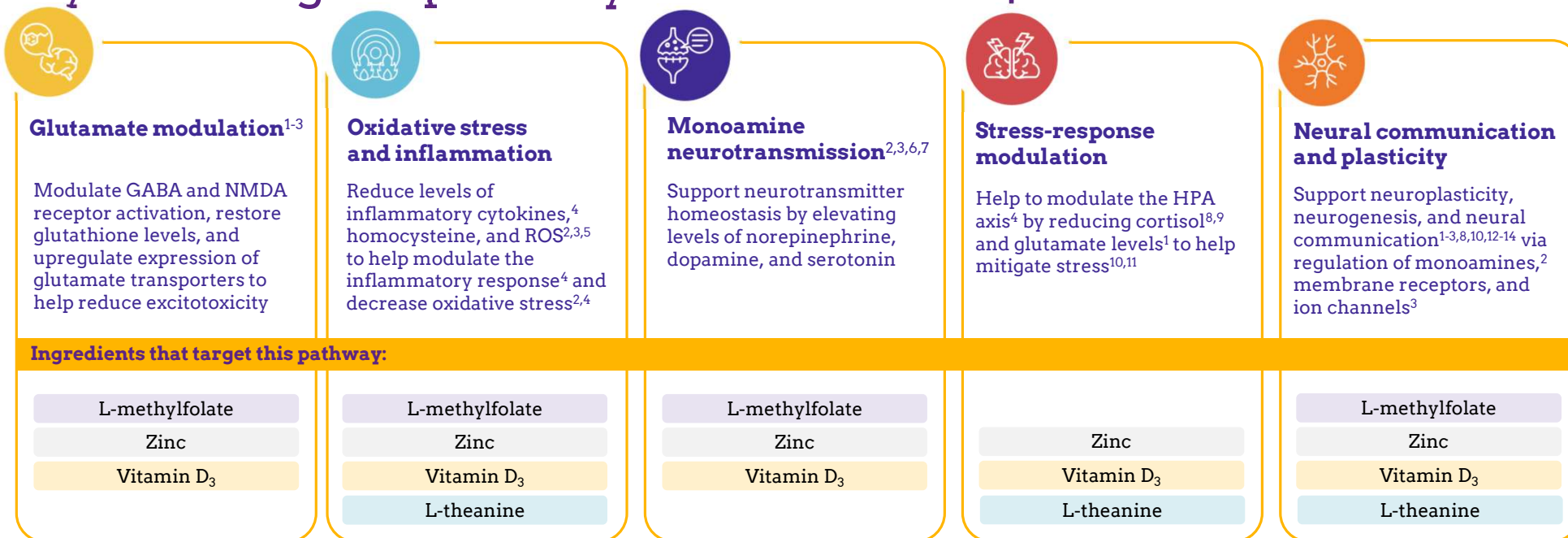
deplinPRO
MOOD HEALTH™



* Based on US dollar sales through IQVIA NSP reporting channels from January 2023 to December 2024 of Deplin® branded medical foods compared to other branded medical foods indicated for depression. IU, international unit; QD, once daily.

1. Shelton RC, et al. *Primary Care Companion for CNS Disorders*. 2013;15(4):e1-e9. 2. Martami F, et al. *Nutrients*. 2023;15:3952. 3. Liwinski T, Lang UE. *Nutrients*. 2023;15(17):3859. 4. Piao M, et al. *Neuropsychiatry (London)*. 2017;7(4):378-386. 5. Anglin RE. *The British Journal of Psychiatry*. 2013;202:100-107. 6. Yosae S, et al. *General Hospital Psychiatry*. 2022;74:110-117. 7. Li MY, et al. *Frontiers in Nutrition*. 2022;9:853846. 8. Berridge MJ. *Philosophical Transactions of the Royal Society of London. Series B, Biological Sciences*. 2016;371:20150434. 9. Hidese S, et al. *Nutrients*. 2019;11(10):2362. 10. Lehrer MH, et al. *Psychoneuroendocrinology*. 2020;113:104510. 11. Roffman LJ, et al. *Molecular Psychiatry*. 2018;23(2):316-322.

The DeplinPRO Mood Health™ ingredients target key neurological pathways involved in depression



The ingredients target multiple biological systems involved in depression, helping restore balance in neurotransmission and supporting the biological foundation needed for effective treatment response^{1-4,6,8,12,15-18}

GABA, γ-aminobutyric acid; **HPA**, hypothalamic-pituitary-adrenal; **NMDA**, N-methyl-D-aspartate; **ROS**, reactive oxygen species.

1. Martami F, et al. *Nutrients*. 2023;15:3952. 2. Liwinski T, Lang UE. *Nutrients*. 2023;15(17):3859. 3. Piao M, et al. *Neuropsychiatry (London)*. 2017;7(4):378-386. 4. Li MY, et al. *Frontiers in Nutrition*. 2022;9:853846. 5. Berridge MJ. *Philosophical Transactions of the Royal Society of London. Series B, Biological Sciences*. 2016;371:20150434. 6. Shelton RC, et al. *Primary Care Companion for CNS Disorders*. 2013;15(4):e1-e9. 7. Kaviani M, et al. *Journal of Affective Disorders*. 2020;269:28-35. 8. Hidese S, et al. *Nutrients*. 2019;11(10):2362. 9. Miodownik C, et al. *Clinical Neuropharmacology*. 2011;34(4):155-160. 10. Hoepner CT, et al. *Nutrients*. 2021;13:767. 11. Sakamoto FL, et al. *Pharmacological Research*. 2019;147:104395. 12. Yosae S, et al. *General Hospital Psychiatry*. 2022;74:110-117. 13. Sun R, et al. *Biomolecules*. 2022;12:1000. 14. Qiu W, et al. *Journal of Neuroendocrinology*. 2019;31(10):e12787. 15. Mrozek W, et al. *Nutrition*. 2023;115:112143. 16. Anglin RE. *The British Journal of Psychiatry*. 2013;202:100-107. 17. Mikola T, et al. *Critical Reviews in Food Science and Nutrition*. 2023;63(33):11784-11801. 18. Zajecka JM, et al. *Journal of Clinical Psychiatry*. 2016;77(5):654-660.

L-methylfolate calcium

Clinical studies

Adding L-methylfolate to SSRI therapy for SSRI-resistant major depression

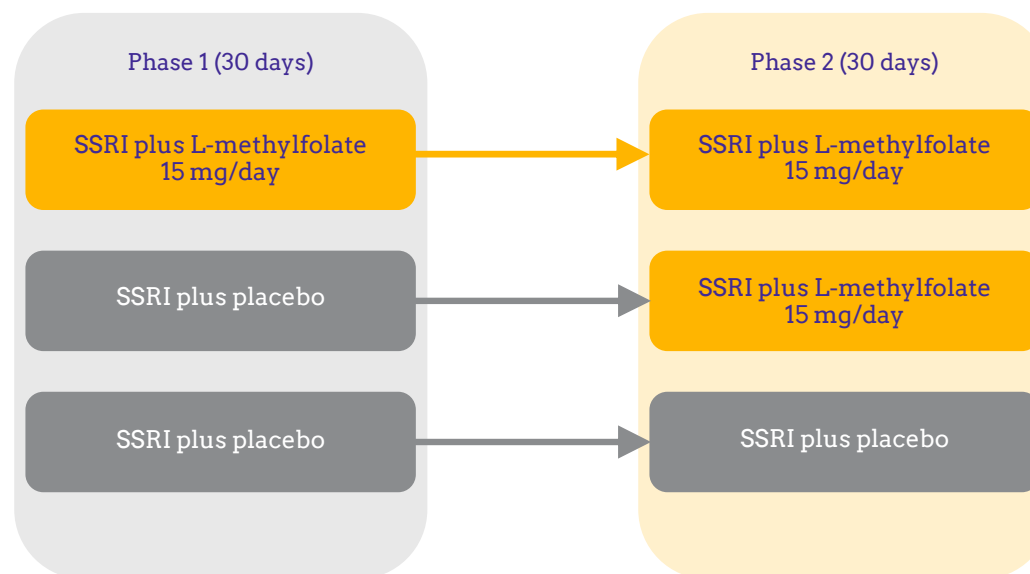
A randomized, double-blind, multicenter, sequential, parallel-group comparison trial evaluating the effects of L-methylfolate use with SSRI therapy in patients with partial or no response to SSRIs to address the nutritional needs of MDD.

Papakostas GI, et al. *The American Journal of Psychiatry*. 2012;169(12):1267-1274.

Patient requirement for study eligibility:

- Aged 18-65 years and diagnosed with MDD (defined by DSM-IV criteria)
- Have QIDS-SR score ≥ 12 at both screening and baseline visits
- Stable dose of SSRI* for the past 4 weeks prior to baseline visit

Randomization (n=75)



Primary outcomes:

- Difference in response rates according to the HAM-D (defined as $\geq 50\%$ reduction in HAM-D or a final score of ≤ 7)
- Degree of improvement in HAM-D score between 2 treatment groups

Secondary outcome:

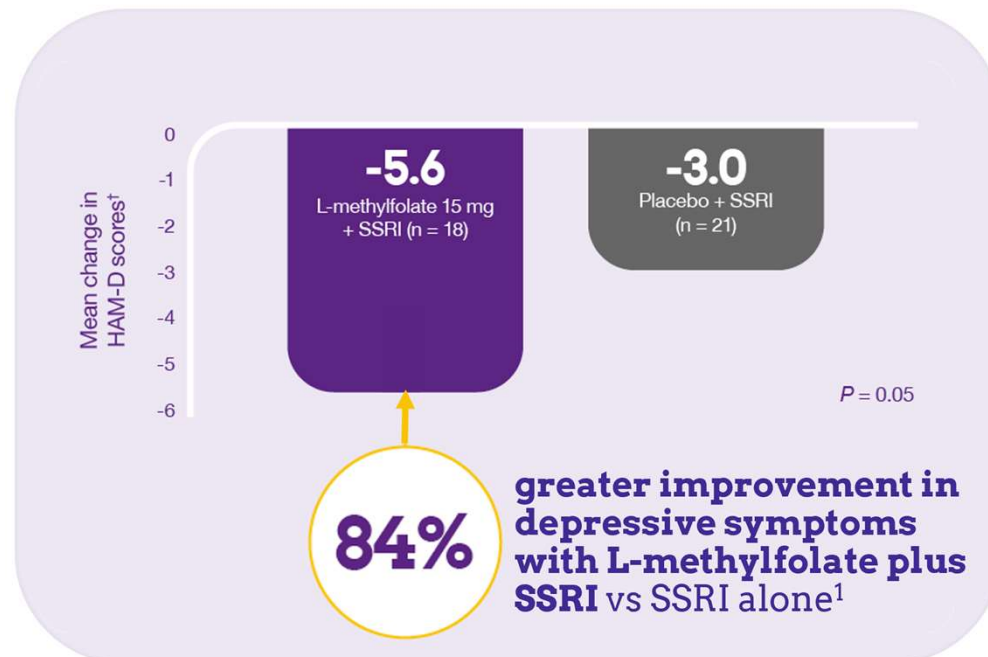
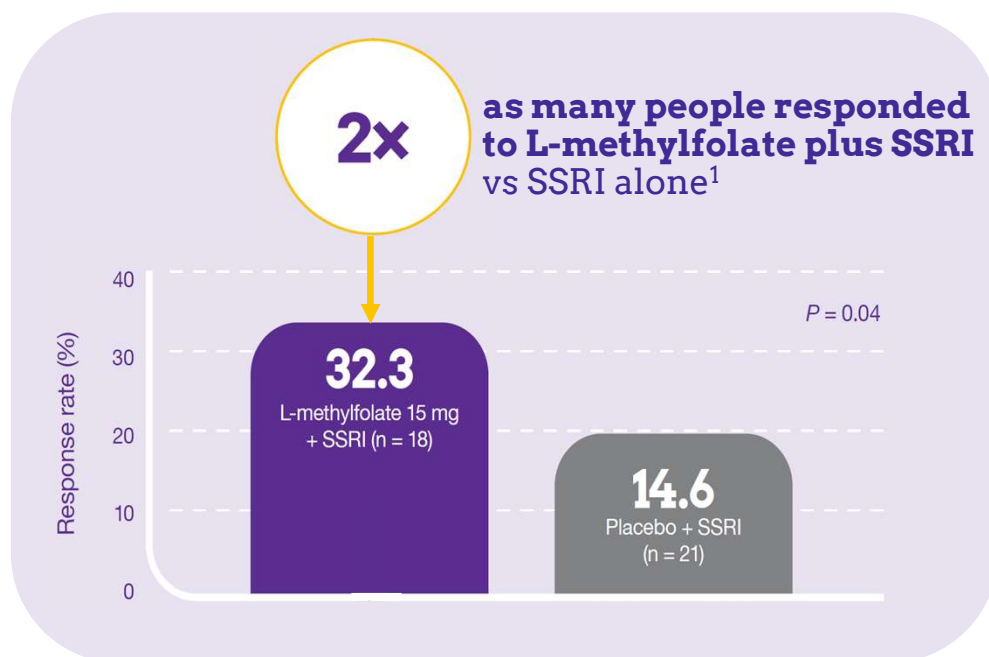
- Continuous change in scores on QIDS-SR and CGI severity scale

* Adequate dosage for SSRI was defined as ≥ 20 mg/day of fluoxetine, paroxetine, or citalopram; ≥ 10 mg/day of escitalopram; or ≥ 50 mg/day of sertraline for ≥ 8 weeks.

CGI, Clinical Global Impression; DSM-IV, *Diagnostic and Statistical Manual of Mental Disorders*, 4th Edition; HAM-D, Hamilton Depression Rating Scale; MDD, major depressive disorder; QIDS-SR, Quick Inventory of Depressive Symptomatology-Self Report; SSRI, selective serotonin reuptake inhibitor.

Papakostas GI, et al. *The American Journal of Psychiatry*. 2012;169(12):1267-1274.

The addition of L-methylfolate* to an SSRI led to a significant reduction in depressive symptoms



Improvements in depressive symptoms may include: **better mood, improved productivity, less fatigue**²

* Study conducted on the DEPLIN® formula, containing the same level of L-methylfolate as DeplinPRO Mood Health™.

† Response defined as a reduction of ≥50% in HAM-D (a 17-item version of the scale) score during treatment or a final score of ≤7.

HAM-D, Hamilton Depression Rating Scale; SSRI, selective serotonin reuptake inhibitor.

1. Papakostas GI, et al. *The American Journal of Psychiatry*. 2012;169(12):1267-1274. 2. Hamilton M. *Journal of Neurology, Neurosurgery and Psychiatry*. 1960;23:56-62.

Adding L-methylfolate* to an SSRI achieved sustained remission over 12 months

In the 12-month maintenance study, the addition of L-methylfolate* to an SSRI achieved sustained remission at each assessment interval:

**Overall population
(N = 68)**

61% achieved **REMISSION**
at 12 months[†]

38% achieved **FULL RECOVERY**
at 12 months[‡]

**Nonresponders to SSRI
monotherapy at baseline
(n = 53)**

34%

achieved **REMISSION**
at 3 months[§]

55%

achieved **REMISSION**
at 6 months[§]

60%

achieved **REMISSION**
at 12 months[§]

Recovery persisted for the entire extension period. No subjects experienced serious adverse events or discontinued treatment because of side effects.

* Study conducted on the DEPLIN® formula, containing the same level of L-methylfolate as DeplinPRO Mood Health™.

† Total HDRS (a 17-item version of the scale) score of <7.

‡ Full recovery: ≥6 months of remission from the start of the open-label phase; sustained recovery: recovery sustained through the final study visit among completed subjects.

§ Cumulative remission rates achieved.

HDRS, Hamilton Rating Scale for Depression; SSRI, selective serotonin reuptake inhibitor.

Zajecka JM, et al. *Journal of Clinical Psychiatry*. 2016;77(5):654-660.

L-methylfolate* has a long-term safety and tolerability profile similar to that of placebo when used in addition to an SSRI

Adverse event category	12-month open-label L-methylfolate 7.5-15 mg (n = 164) [†] %	Acute phase double-blind placebo (n = 166) %
Gastrointestinal	5.5	18.7
Sleep	2.4	9.0
Psychological	3.0	12.7
Somatic	6.7	22.9
Infectious	1.8	12.0
Cardiovascular	0.6	2.4
Sexual	2.4	0
Miscellaneous	3.0	4.8

For the 68 participants included in the efficacy analysis, **there were no serious adverse events, with no event resulting in study discontinuation** during the 12-month, open-label phase.

L-methylfolate when used in addition to an SSRI can provide long-term benefits, including sustained remission and favorable safety and tolerability.

* Studied on the DEPLIN® formula, containing the same level of L-methylfolate as DeplinPRO Mood Health™.

[†] N is based on total number of patients who received L-methylfolate 7.5 mg or 15 mg during the open-label study periods of both the first and second studies. All patients in the open-label phase received L-methylfolate; therefore, adverse events reported by patients who received placebo at any point during both double-blind study phases are shown for comparison.

SSRI, selective serotonin reuptake inhibitor.

Zajacka JM, et al. *Journal of Clinical Psychiatry*. 2016;77(5):654-660.

Cholecalciferol (vitamin D₃) and zinc

Clinical study

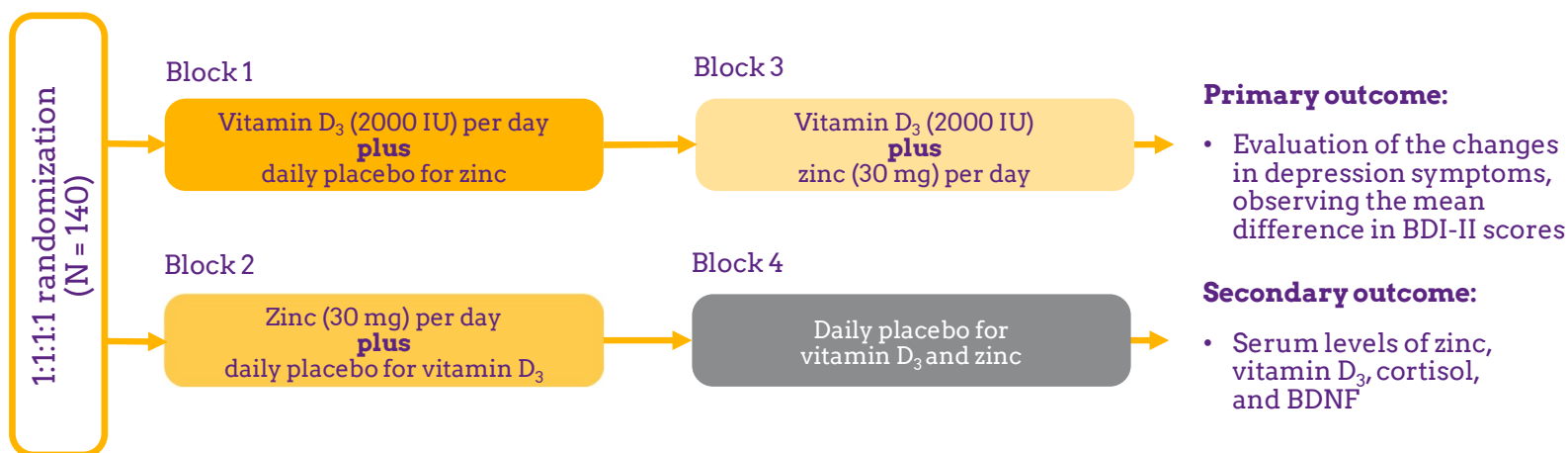
The effect of vitamin D₃, zinc, and a combination of both on depression symptoms

A 12-week, double-blind, randomized, placebo-controlled trial exploring the impact of zinc, vitamin D₃, and a combination of both on depression scores in overweight and obese individuals.

Yosae S, et al. *Nutrition*. 2020;71:110601.

Patient requirement for study eligibility:

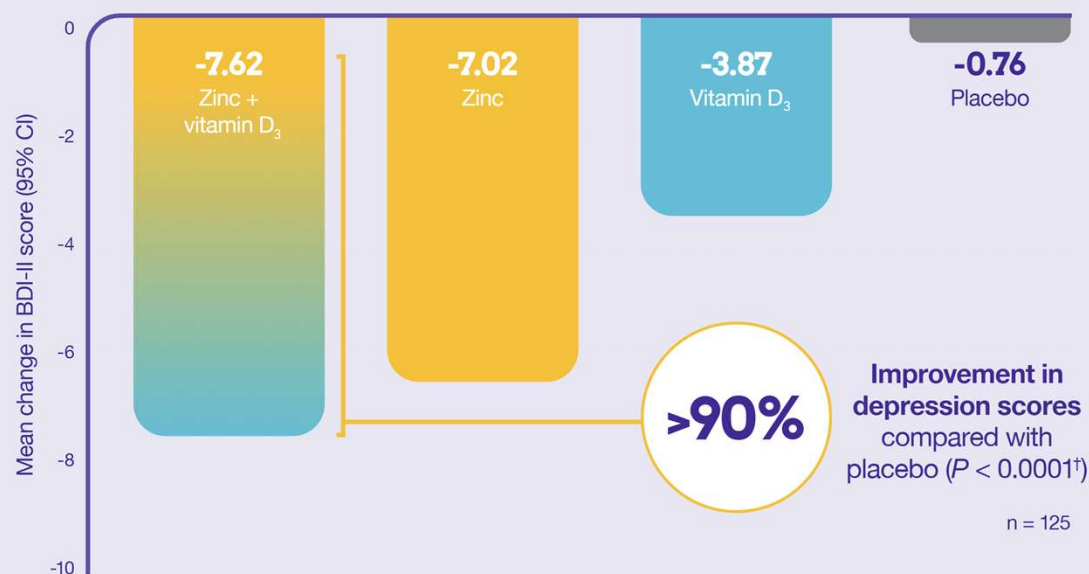
- Aged >20 years
- BMI >27 kg/m²
- Evaluated depressions status with a BDI-II questionnaire score ≥10
- No history of psychiatric and neurological disorders*



* Disorders included schizophrenia, Parkinson's, Alzheimer's disease, anxiety, suicidal thoughts, coronary artery disease, acute or chronic renal failure, chronic inflammatory, and autoimmune disease.
BDI-II, Beck Depression Inventory-II questionnaire; BDNF, brain-derived neurotrophic factor; BMI, body mass index; IU, international unit.
Yosae S, et al. *Nutrition*. 2020;71:110601.

The combination of vitamin D and zinc provided a positive impact on depression scores

Zinc (30 mg/day), vitamin D₃ (2000 IU/day), or their combination **significantly reduced depression scores in individuals who are overweight and obese ($P < 0.0001$)**.¹



A decreasing trend in cortisol levels was also observed,^{1,*} which may support stress-response modulation.²

There was no evidence of any negative side effects seen across those receiving zinc, vitamin D₃, or a combination of both.¹

DeplinPRO Mood Health™ contains **zinc bisglycinate**, a form of the mineral that provides improved bioaccessibility, solubility,³ and absorption⁴ over other sources of zinc.*

* Not statistically significant.

† Significant differences between zinc and placebo groups, vitamin D and placebo groups, zinc + vitamin D and placebo groups, zinc and vitamin D groups values are mean ± SD; values are analyzed by ANCOVA (adjusted by baseline serum zinc, vitamin D, cortisol and BDNF and Beck Depression score).

ANCOVA, analysis of covariance; BDI-II, Beck Depression Inventory-II questionnaire; BDNF, brain-derived neurotrophic factor; CI, confidence interval; IU, international unit; SD, standard deviation.

1. Yossee S, et al. *Nutrition*. 2020;71:110601. 2. Miodownik C, et al. *Clinical Neuropharmacology*. 2011;34(4):155-160. 3. Finn R. Innophos. Chelamax® Zinc Bisglycinate: A Superior Alternative to Traditional Zinc. Solubility Whitepaper. 4. Finn R. Innophos. Chelamax®: Chelated Minerals Show Increased Absorption. Absorption Whitepaper.

The combination of vitamin D and zinc provided a positive impact on depression scores

Change in BDI-II, serum BDNF, and cortisol levels from baseline to 12 weeks

	Zinc (mean) (95% CI)	Vitamin D (mean) (95% CI)	Zinc + vitamin D (mean) (95% CI)	Placebo (mean) (95% CI)	P-value*	β
BDI-II score	-7.02 (-9.13 to -4.74)	-3.87 (-6.15 to -1.59)	-7.62 (-10.63 to -4.61)	-0.76 (-3.05 to 1.52)	0.0001†	0.969
BDNF	-0.19 (-0.36 to -0.02)	-0.11 (-0.28 to 0.05)	0.19 (-0.02 to 0.41)	-0.17 (-0.34 to -0.003)	0.08	0.589
Cortisol	-1.37 (-3.43 to 0.67)	-1.66 (-3.71 to 0.38)	-0.82 (-3.52 to 1.88)	-1.19 (-3.29 to 0.90)	0.974	0.056

ANCOVA, analysis of covariance; **BDI-II**, Beck Depression Inventory-II questionnaire; **BDNF**, brain-derived neurotrophic factor; **CI**, confidence interval; **SD**, standard deviation.

* Values are analyzed by ANCOVA (adjusted by baseline serum zinc, vitamin D, cortisol and BDNF and beck depression score).

† Significant differences between zinc and placebo groups, vitamin D and placebo groups, zinc + vitamin D and placebo groups, zinc and vitamin D groups.

Values are mean ± SD.

Yosae S, et al. *Nutrition*. 2020;71:110601.

* Not statistically significant.

† Significant differences between zinc and placebo groups, vitamin D and placebo groups, zinc + vitamin D and placebo groups, zinc and vitamin D groups values are mean ± SD; values are analyzed by ANCOVA (adjusted by baseline serum zinc, vitamin D, cortisol and BDNF and Beck Depression score).

ANCOVA, analysis of covariance; **BDI-II**, Beck Depression Inventory-II questionnaire; **BDNF**, brain-derived neurotrophic factor; **CI**, confidence interval; **IU**, international unit; **SD**, standard deviation.

1. Yosae S, et al. *Nutrition*. 2020;71:110601. 2. Miodownik C, et al. *Clinical Neuropharmacology*. 2011;34(4):155-160. 3. Finn R. Innophos. Chelamax® Zinc Bisglycinate: A Superior Alternative to Traditional Zinc. Solubility Whitepaper. 4. Finn R. Innophos. Chelamax®: Chelated Minerals Show Increased Absorption. Absorption Whitepaper.

γ -Glutamylethylamide (L-theanine)

Clinical studies

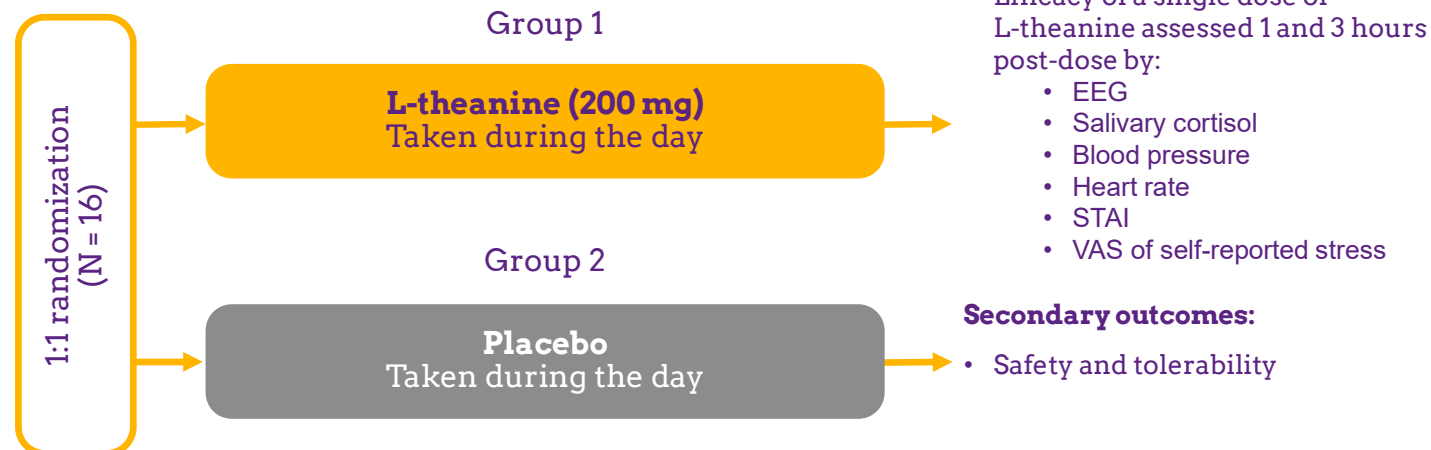
Efficacy and safety of **L-theanine** in moderately stressed, healthy adults

Randomized, triple-blind, placebo-controlled, crossover study investigating the effectiveness and safety of L-theanine in healthy, moderately stressed adults facing an acute stressor.

Evans M, et al. *Neurology and Therapy*. 2021;10:1061-1078.

Patient requirement for study eligibility:

- Men and women aged 19-60 years
- Moderate levels of stress as assessed by scores of 14-26 on the PSS
- Required to have regular sleep-wake cycles* and between 7 hours and 9 hours of sleep nightly for at least 3 weeks prior to enrollment



* Defined as a bedtime between 9:00 PM and 12:00 AM.

EEG, electroencephalogram; PSS, Perceived Stress Scale; STAI, State-Trait Anxiety Inventory; VAS, visual analog scale.
Evans M, et al. *Neurology and Therapy*. 2021;10:1061-1078.

L-theanine provides a calming response and relaxation in the brain

A single 200 mg dose of L-theanine **promoted evidence of relaxation in moderately stressed adults** (n = 15 at study endpoint):

1 hour
post-dose

Decreased salivary cortisol compared with placebo, which indicates reduced stress
($P < 0.001$)

3 hours
post-dose

Increased alpha power in the frontal and whole-scalp regions compared with placebo, which is associated with relaxation and calmness
($P \leq 0.050$)

Safety and tolerability of L-theanine in healthy adults were good, with **no adverse events reported during this study**

Daily L-theanine supported mental well-being and cognitive function in healthy adults

A 4-week, randomized, placebo-controlled, crossover, double-blind trial, investigating the effects of daily L-theanine on mental well-being and cognitive function.

Hideese S, et al. *Nutrients*. 2019;11(10):2362.

L-theanine's **antistress effects** may be linked to **BDNF expression**, supporting **neuroplasticity** and **neurogenesis**



Helped to reduce stress and improve mood ($P < 0.05$)*



Promoted sleep quality ($P < 0.05$)†



Boosted executive function ($P = 0.031$)‡



Enhanced verbal fluency ($P = 0.001$)‡

No significant alteration in BMI or biochemical data after 4 weeks of L-theanine.

No significant adverse events were noted.

* Stress and mood were evaluated by the Japanese version of the Self-Rating Depression Scale and the State-Trait Anxiety Inventory.

† Sleep was evaluated by the Pittsburgh Sleep Quality Index.

‡ Cognitive functions were evaluated by a research psychiatrist using the Trail-Making Test, the Stroop test, and the Japanese version of the Brief Assessment of Cognition in Schizophrenia.

BDNF, brain-derived neurotrophic factor; BMI, body mass index.

Hideese S, et al. *Nutrients*. 2019;11(10):2362.

Which patients with depression can benefit from nutritional support with DeplinPRO Mood Health™?

Patients with depression who may have the following characteristics:



Partial response to SSRIs/SNRIs^{1,2}



Medical comorbidities:³⁻⁵

- Diabetes
- GI disorders
- Chronic kidney or liver diseases



Inflammatory markers such as hsCRP⁶



Preference for nutritional products or a holistic regimen¹



Overweight, BMI ≥ 30 ^{1,7}



Genetic variations:
MTHFR,¹ DHCR7, CYP2R1, CYP24A1,⁸ SLC39A4⁵



Medication use:
metformin,⁹ oral contraceptives,¹⁰ or anticonvulsants¹¹



Lifestyle factors:
alcohol³ and tobacco use,¹² stress,¹³ and not getting enough sunlight⁴

DeplinPRO Mood Health™ can be used in adults and adolescents aged 12 years and older with depression.

BMI, body mass index; **CYP2R1**, cytochrome P450 2R1; **CYP24A1**, cytochrome P450 family 24 subfamily A member 1; **DHCR7**, 7-dehydrocholesterol reductase; **GI**, gastrointestinal; **hsCRP**, high-sensitivity C-reactive protein; **MTHFR**, methylenetetrahydrofolate reductase; **SLC39A4**, solute carrier family 39 member 4; **SNRI**, serotonin norepinephrine reuptake inhibitor; **SSRI**, selective serotonin reuptake inhibitor.
1. Jain R, et al. *CNS Spectrums*. 2020;25(6):750-764. 2. Papakostas GI, et al. *American Journal of Psychiatry*. 2012;169(12):1267-1274. 3. Medline. Folate deficiency. <https://medlineplus.gov/ency/article/000354.htm>. Accessed January 19, 2026. 4. Medline. Vitamin D deficiency. https://medlineplus.gov/vitaminDdeficiency.html?utm_source=mplconnect&utm_medium=application. Accessed January 19, 2026. 5. Maxfield L, et al. Zinc deficiency. In: StatPearls [Internet]. StatPearls Publishing. Updated August 2, 2025. <https://www.ncbi.nlm.nih.gov/books/NBK493231/>. Accessed January 19, 2026. 6. Amodeo G, et al. *Neuropsychiatry*. 2017;7(4):448-457. 7. Papakostas GI, et al. *Journal of Clinical Psychiatry*. 2014;75(8):855-863. 8. Wang JT, et al. *Lancet*. 2010;376(9736):180-188. 9. Wulfele MG, et al. *Journal of Internal Medicine*. 2003;254:455-463. 10. Shere M, et al. *Journal of Obstetrics and Gynaecology Canada*. 2015;37(5):430-438. 11. Huang HL, et al. *Biomedical Reports*. 2016;5:413-416. 12. Ginsberg LD, et al. *Innovations in Clinical Neuroscience*. 2011;8(1):19-28. 13. Lopresti AL. *Advances in Nutrition*. 2020;11:103-112.

DeplinPRO Mood Health™ is free and clear:



Major allergen FREE

Milk, eggs, fish or shellfish, tree nuts, peanuts, sesame, wheat, and soy



Sugar FREE



Titanium dioxide FREE



Dye FREE



Non-GMO



Vegetarian

The Deplin® brand has been supporting people with depression for **over 15 years**.

Brand Direct Health® Pharmacy



- Exclusive mail-order pharmacy for Alfasigma USA prescription medical foods
- Streamlined fulfillment process to support prescribing and patient access – with no prior authorization required
- No product substitution – patients receive exactly what you prescribe
- Patients may access manufacture programs, including rebates, coupons, and a money-back guarantee*



DeplinPRO Mood Health™ is a medical food specially formulated to meet the distinctive nutritional requirements for neurotransmitter imbalances in the clinical dietary management of mood disorders.



MetanxPRO Nerve Health™ is a medical food specially formulated to meet the distinctive nutritional requirements for endothelial dysfunction in the clinical dietary management of peripheral neuropathy and associated diabetic ulceration.



Cerefolin Brain Wellness® is a medical food for the clinical dietary management of mild cognitive impairment with hyperhomocysteinemia and is specially formulated to meet the distinctive nutritional requirements for this condition.

* Brand Direct Health® Pharmacy orders only: Money-back guarantee, no returns necessary. Limited to 1 refund per person, per product. Excludes shipping and convenience fees. BDH, Brand Direct Health®.

Order Processing: DeplinPRO Mood Health Capsules #90, 1 capsule QD, Refills: X3



How to locate DeplinPRO Mood Health™ in the EMR system

- Search “DeplinPRO” (one word) in your EMR system.
- Click on **DeplinPRO Mood Health Oral Capsule** to e-prescribe.
- EMR listing can vary by system, the product may appear as following:
 - DeplinPRO Mood Health Oral Capsule
 - DeplinPRO Mood Health Capsule
 - DeplinPRO Mood Health

A screenshot of an EMR system's medication search interface. The search bar contains 'DeplinPRO'. Below the search bar, a list of results is displayed: 'DeplinPRO Mood Health Oral Capsule' (highlighted), 'Deplin FC 15 MG Oral Capsule', 'Deplin FC 7.5 MG Oral Capsule', 'Deplin 15 15-90.314 MG Oral Capsule', and 'Deplin 7.5 7.5-90.314 MG Oral Capsule'. At the bottom of the window are 'Cancel', 'Order', and 'Record' buttons.

Mock up of EMR screen (exact listing may vary by system and compendia categorization)

Integrate DeplinPRO Mood Health™ into depression care from the start

Submit your e-prescription to Brand Direct Health® Pharmacy

NAME:	Brand Direct Health Located under MAIL ORDER Pharmacies
ADDRESS:	Brand Direct Health 5445 West Waters Avenue, Suite 214 Tampa, FL 33634
NCPDP#	5732323
FAX:	866-227-5928
PHONE:	866-331-6440

Only available at
Brand Direct Health®
Pharmacy

Email prescriberservices@branddirecthealth.com to follow-up on patient information

Take Steps Forward with DeplinPRO Mood Health



**Your first 90-count
order at \$0, just pay
shipping & handling (\$6)**

Use the coupon code below when you
submit your Deplin® prescription
through **Brand Direct Health®
Pharmacy**.

Deplinstudy2026

For patients aged 12 years and older

Coupon terms and conditions

This coupon is valid only on orders placed through Brand Direct Health® Pharmacy by U.S. residents aged 18 or older who have not previously filled a prescription for any Deplin® product. Individuals who have received a refund for any Deplin® product are not eligible. Coupon code is limited to one-time use and must be presented at the time of order. Coupon has no cash value and cannot be combined with any other offer. Brand Direct Health® Pharmacy reserves the right to modify or discontinue this offer at any time.

**Fill your Deplin®
prescription with Brand
Direct Health® Pharmacy**

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with a money-back
guarantee†



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Monday-Friday,
8am – 8pm ET



Email Us:
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**Scan the QR code
to save Brand
Direct Health®
Pharmacy to your
contacts**
Helps you recognize
the call instantly