



MOOD UPLIFT vs MOOD UPLIFT 2

Both formulas are designed to treat patients presenting with depressed mood. In terms of TCM, depressed mood may be associated with disorders of the Heart, Spleen and Liver.

MOOD UPLIFT is focused mainly on the Heart, as it primarily nourishes the Heart Blood and tonifies the Heart Qi. As such it is more suitable for patients with moderate to severe mood disturbance.



MOOD UPLIFT 2 provides a broader approach as it addresses Heart and Spleen deficiency as well as Liver constraint. Thus, the key features for prescribing **MOOD UPLIFT 2** include wiry pulse, chest oppression, sighing, irritability, inability to express feelings, emotional strain, stress etc.

MOOD UPLIFT Formula (CM132)	MOOD UPLIFT 2 Formula (CM161)
<ul style="list-style-type: none"> • Depressed mood (moderate to severe) 	<ul style="list-style-type: none"> • Depressed mood (mild to moderate)
<ul style="list-style-type: none"> • Mood swings 	<ul style="list-style-type: none"> • Mood swings
	<ul style="list-style-type: none"> • May have significant component of stress, frustration, irritability, muscle tension