

A Note from the Founder

InnerTone was born after my personal experience with Post-Partum Depression. I prided myself in my strong cognitive skills to disrupt and regulate intense emotions or negative thoughts, but after giving birth and breastfeeding, I could not control my own outbursts of intense mood. Like anyone in my position, I assumed something was wrong with me. That this was it, I was about to begin the downward spiral of failing mental health with treatment options that would have little to no effect. This frustrated me, and I decided that I was not about to become a statistic. So, I thought about how I had gotten to this state, despite knowing every psych trick in the book, what was I missing? There was one glaring theme: Depletion. From conception to breastfeeding, our tiny babies TAKE, directly from our bodies, consuming every possible nutrient from our tissues, bones, and brain. Our bodies prioritize this and give so that they will survive, healthy. The answer was simple--replenish the precious micronutrients I gifted to my children. The issue was, I had taken the prenatal, at enough for two, yet I was still depleted. My solution: increase the bioavailability. The best way to do this is usually through whole foods, but I needed higher concentrations. So I chose low ingredient, whole-food powders as my new supplement. The day I drank that first shake, I never had another moment of intense dysregulation, again. From this experience, I decided to challenge myself to design a product line that takes into account an overlooked sphere of Mental Health--Nutrition.



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A Product Line with **Innovative** Formulation



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designed to support mental wellbeing
through targeted nutrition



TERRA DUSA
HOLISTIC
MENTAL HEALTH

InnerTone "Unstuck"

A powdered supplement formulated to support the brain & nervous system, specifically for those who are or have experienced trauma and emotional distress.

Emotional dysregulation in Trauma is caused by a heightened nervous system which prioritizes blood flow to the midline of the brain (our limbic system) to increase reactivity and favor impulse. This hypervigilance also produces a paradoxical effect in the Vagus Nerve which leads to "shutting down" from overstimulation. Affecting the traumatized mind and body can be tricky, because the person is both overwhelmed and underwhelmed at the same time.

"Unstuck" was created with this knowledge in mind to answer the question: can we affect this system through optimized nutrition?



Just add to your favorite milk or alternative and shake!

Ever Been Hangry?

Proper nutrition is an important part of emotional balancing and a little acknowledged factor in Mental Health.

*Low Ingredient
No Added Sugar*



Each ingredient was carefully researched and chosen for its nutrient content known to be beneficial for mental well-being. Included are medicinal herbs for increasing clarity and focus while calming the nervous system



Sedative & Anxiolytic
(helps reduce anxiety and hypervigilance)
*GABA A & B
*Harman Alkaloids

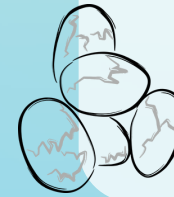


Mood stabilizing & Cognition Enhancing minerals:
*Lithium
*Chromium



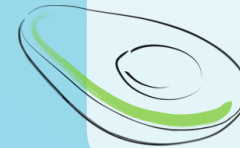
Adaptogen for the Heart and Nervous System:

- *Improves body's resilience to stress
- *May increase physical and mental performance and decrease burn-out



Essential Fatty Acids

- *D-Serine
- *Chromium



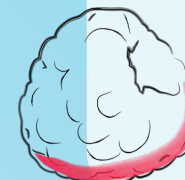
Healthy Fats, Phospholipids, & Minerals for better brain and nervous system health:

- *Choline
- *Omega-3's
- *Magnesium
- *Manganese



Rich in Antioxidants & Antiinflammatory for healthy brain and mood.

- *Flavanoids



Antioxidant & Tasty
*High in Vitamin C

Learn more online!