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Subject Are You Experiencing the “gray-sky slump”? (might be SAD)

Preview → These formulas can help

From Emerald Labs — support@emeraldlabs.com



If winter and cold weather have you feeling **off**...

It might not be “just the season.”

What’s really going on during “SAD” season

Seasonal Affective Disorder (SAD) is a type of depression with a recurring seasonal pattern, most commonly starting in late fall and continuing through winter when sunlight drops.*†

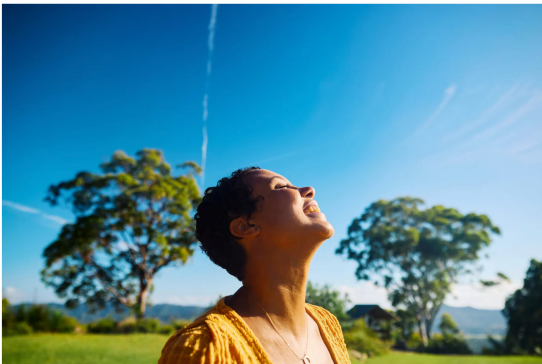
People often notice:*†

- Low energy and motivation
- Changes in sleep (too much or not enough)
- More cravings / weight changes
- Feeling down, hopeless, or emotionally “flat”

For many, symptoms ease when spring and summer return.

Since warmer weather is still a couple of months away, *these nutrients can help support a healthier, brighter mood starting today!*

Natural nutrients that help during SAD season



Below is the “why” behind each nutrient, what it does in the body, and how it can help you feel more like yourself during these darker months.

[1\) Vitamin D3 + K2: the winter foundation](#)

What it does in the body:

- **Vitamin D3** acts more like a hormone than a typical vitamin. It interacts with receptors throughout the body that support **immune function, inflammation balance, and overall mood and well-being.***
- **Vitamin K2** supports **healthy calcium metabolism**—helping your body use calcium appropriately as part of long-term wellness.*

Less sunlight can mean your body produces less vitamin D. That's why D3 is often used as a **daily winter baseline** to support mood and overall wellness when daylight is scarce.*

Pairing D3 with K2 supports “whole-body” wellness so you're not just focusing on mood, you're supporting a better, happier you. [Shop Vitamin D3+K2 Now →](#)

[2\) Elevated Mood: supports emotional balance + motivation](#)

When the days get darker, a lot of people feel more **flat**, more **snappy**, or more easily overwhelmed.

Elevated Mood is designed to support a steadier emotional baseline using two clinically studied ingredients:*†

- **Affron® Saffron Extract promotes an elevated, more positive mood.** Saffron has been studied in humans for its ability to **support healthy mood signaling** and help you feel more emotionally “lifted” during stressful seasons. It may be especially helpful when winter makes you feel less motivated or emotionally blah.
- **Sensoril® Ashwagandha supports occasional stress management + soothes irritability*** Ashwagandha is an adaptogen that helps support the body's **stress response**, the system that can feel revved up when sleep, light exposure, and routines are thrown off in winter. By supporting occasional stress, it can help you feel **calmer**, less reactive, and more resilient day to day.

Think of it like giving your body nutritional support for your mood “messengers”, so you can show up with more consistency! [Shop Elevated Mood Now →](#)

[3\) Cerebral Calm — helps the nervous system shift into “calm mode”](#)

Cerebral Calm uses a *synergistic* blend to support a calmer baseline:*†

- **Albion® Chelated Magnesium supports a steady nervous system response.** Magnesium plays a key role in normal nerve signaling and the body's stress response. Research reviews suggest magnesium supplementation **may help reduce subjective feelings of stress/anxiety in some people** (evidence quality varies, but the trend is supportive).
- **Suntheanine® L-Theanine** promotes relaxation without feeling “sedated”. In human studies, L-theanine has been shown to support relaxation markers and reduce stress-related symptoms in non-clinical populations, which is helpful when you want calm + focus (not a nap).
- **Chamomile Extract supports occasional anxiety + calm.** A randomized, double-blind, placebo-controlled clinical trial found that chamomile extract showed modest anxiolytic activity in people with mild-to-moderate generalized anxiety. That makes it a strong botanical fit for “edgy” winter days.

When winter days get shorter, a lot of people feel more **wired, tense, and mentally “on”**, even when they’re exhausted.

That’s because stress can nudge your nervous system toward **fight-or-flight** more often, which can make mood and sleep feel harder to manage.

Cerebral Calm can help you feel more grounded, making it easier to keep a routine (and routines are everything in SAD season). [Shop Cerebral Calm Now →](#)

4. **A quality multi:** “daily coverage” for SAD season (with a few nutrients that really matter)

When daylight drops, routines slip. Meals get more “grab-and-go,” sleep gets weird, and your energy can feel flat.

That’s where **Complete 1-Daily Multi** can help as a *foundation layer*, especially because it includes a few nutrients that support the exact systems that tend to feel shaky during **SAD season** (mood rhythm, stress response, and steady energy). It provides:*†

- **Vitamin D (1,000 IU / 25 mcg)**,
- **activated B vitamins** (including **B6 as P-5-P, methylated folate, B12 as methylcobalamin**),
- plus **magnesium** and more.

When your sleep, schedule, and appetite are off, a multi is a simple way to support daily nutrient consistency to keep you one step ahead. [Shop Multi’s Now →](#)

Ready for a winter reset?

Now’s the time to enjoy brighter days!
Shop these formulas today and use code **BRIGHTER15** to save 15%... but hurry, the sale ends Sunday!

“HAPPY” FORMULAS
15% OFF
SALE



USE CODE: **BRIGHTER15**

Use code: **BRIGHTER15** during checkout to save an additional 15% off.

Let's Go Shopping!

Offer is NOT VALID with OTHER COUPONS, BUNDLES or AUTO-SHIP subscriptions.

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Labs
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Formulated by America's Natural Doctor - Dr. Mark Stengler N.M.D.

Emerald Labs has been family-owned and operated since our beginnings in 2001. We are committed to providing your family with formulas using supportive nutrient forms, manufactured at our facility without the use of additives. Plus, all of our products are Doctor formulated.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease. CONSULT YOUR PHYSICIAN OR OTHER QUALIFIED HEALTH CARE PROVIDER FOR ADVICE REGARDING ANY MEDICAL CONDITION. DO NOT ATTEMPT TO SELF-DIAGNOSE OR TREAT ANY MEDICAL CONDITION.**

References:

[National Institute of Mental Health](#)

[National Institutes of Health](#)

[National Institutes of Health \(2\)](#)

[National Library of Medicine](#)

[National Institutes of Health \(3\)](#)

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