

Attention Support: Children and Teens

For those of you who need support for attention and impulse control, Dr. Daniel Amen, New York Times bestselling author of “Change Your Brain Change Your Life” has developed a nutraceutical supplement formulated to help improve mental focus, while promoting a sense of calm. Dr. Daniel Amen’s Attention Support: Children and Teens includes phosphatidyl serine to help maintain cell membranes, DMAE for improving memory and concentration and pycnogenol® to boost dopamine and norepinephrine, neurotransmitters which help improve focus. We recommend Dr. Daniel Amen’s Attention Support for those looking to restore overall brain health and to support attention and impulse control.

Background

Acetyl-L-Carnitine (ALC): ALC functions to increase energy in the brain which helps to enhance memory and concentration.

Phosphatidyl Serine (PS) is essential to the formation of all cell membranes. Naturally, it is found in fish, soy and white beans. It functions to increase metabolic activity and has been shown to enhance cognitive function.

DMAE (Dimethylaminoethanol) is an organic compound that functions as an antioxidant which helps to protect cell membranes. DMAE is a precursor to the neurotransmitter acetylcholine, supporting cognition and memory.

Zinc is an essential mineral that has been shown to support attention and impulse control. It is found in many foods, such as red meat, poultry, beans, nuts, and whole grains. Zinc activates over 100 different enzymes in the body, and daily supplementation is important because the body does not store extra zinc. Zinc deficiency has been linked to mental lethargy.

Pycnogenol® is an extract acquired from the bark of the French maritime pine and is best known for its properties as a powerful antioxidant, anti-inflammatory agent and vasodilator.

B6: Vitamin B6 (pyridoxine) is a water-soluble vitamin essential in the metabolism of amino acids, glucose, and fatty acids and is important in the production of neurotransmitters (serotonin, epinephrine, norepinephrine, and GABA). It is required by the nervous system and is needed for normal brain function as well as DNA synthesis.

Mg⁺²: Magnesium is a mineral important in energy production. It assists in calcium and potassium uptake in the body. A deficiency in magnesium can interfere in nerve cell firing, resulting in irritability and nervousness. Supplementing the body with magnesium can support focus and calm.

Recommended Use:

As a dietary supplement, take one to three capsules of Attention Support daily or as directed by your healthcare practitioner.

Servings per container: 30

3 capsules contain:

- Acetyl-L-Carnitine (HCL) 250 mg
- Phosphatidyl Serine (soy) 50 mg
- DMAE (bitartrate) 20 mg
- Pycnogenol® 30 mg
- Magnesium (glycinate) 100 mg
- Zinc (glycinate) 15 mg
- Vitamin B6 (pyridoxine HCL) 25 mg

Other Ingredients: Gelatin capsules (gelatin, water, glycerin), magnesium stearate, silicon dioxide and magnesium silicate.

Certificate of Analysis

This product does not contain wheat, yeast, gluten, eggs, dairy, corn, artificial colors, flavors, sugars, or preservatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

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.