

Brain Vitale (60 capsules)

\$52.00

Are you wondering what you can do to keep your brain healthy, boost your energy and focus and enhance your memory? Dr. Daniel Amen, New York Times bestselling author of “Change Your Brain Change Your Life” and “Preventing Alzheimer’s” has developed Brain Vitale, a combination of powerful antioxidants and nutrients essential in protecting brain health. Brain Vitale contains a proprietary herbal blend of ginkgo biloba extract which has been clinically proven to enhance cerebral blood flow and improve brain function.

We recommend Brain Vitale for those looking to enhance overall brain health, circulation, memory and concentration. This is an excellent supplement to incorporate in your regimen to keep your brain young and healthy.

Background

Acetyl-L-Carnitine (ALC) -- It is involved in cellular energy production and in removing the toxic accumulation of fatty acids. It functions to increase energy in the brain which helps to enhance memory and concentration. Acetyl-L-carnitine has been most studied for its anti-aging properties and research supports the use of acetyl-l-carnitine to slow the decline in cognition, mood, and daily function that occurs with the progression of Alzheimer’s disease (Ref.3,4,5).

A major cause of aging is deterioration of the energy-producing components of your cells, resulting in reduced cellular activity, the accumulation of cellular debris and eventually cell death. ALC helps maintain cellular energy metabolism by assisting in the transport of fat through the cell membrane and into the mitochondria within the cell, where fats are oxidized to produce the cellular energy ATP.

ALC is found in the mitochondria and helps maintain its energetics and lowers the increased oxidative stress associated with aging. ALC are absorbed into the bloodstream efficiently and is effective at carrying fatty acids across the membrane into the cell where they are burned as energy and utilized efficiently by the mitochondria. ALC also guards against oxidative damage. Beta amyloid is a principal component of senile plaques and is thought to be central in Alzheimer’s disease. ALC appears to exert protective effects against beta amyloid neurotoxicity and oxidative stress.

Phosphatidyl Serine is a lipid 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 help prevent cognitive decline. It is a critical component to brain health and supplemental phosphatidylserine has been shown to help prevent Alzheimer’s disease (Ref.42)

GlyceroPhosphoCholine is a component of lecithin (a lipid) that is important in the breakdown and removal of fats from the body. Not only does it protect the heart from

atherosclerosis by helping to remove plaques, it aids in brain function. In supplement form it has been shown to be effective for people with neurological issues and depression.

Inositol is a natural sugar that is considered part of the B vitamin family. It is important in the maintenance of cell membranes, breakdown of fat, hair growth, estrogen and insulin regulation and has been shown to modulate serotonin levels, which implicates this nutrient as a potential mood regulator. Preliminary studies demonstrate its efficacy in treating those with OCD, panic disorder, anxiety, depression and psychiatric disorders (Ref.23,33,41). It also functions to neutralize free radical activity, thereby protecting neurons and promoting brain health.

Ginkgo Biloba is an extract from the ginkgo biloba tree, native to China, which is most recognized for its neuroprotective, antioxidant properties. It is commonly recommended for people who have dementia, low cerebral blood flow or those experiencing cognitive decline. It functions to improve blood flow to the brain and to protect neurons from plaque formation. Promising research studies (see below) have reported that supplementation with ginkgo biloba results in enhanced memory and concentration, and therefore it is used as a preventative measure for Alzheimer's disease. Most recently, it was studied in children with attention-deficit disorder and was found to successfully reduce the hyperactivity and irritability with no side effects (Ref. 1). Some side effects associated with ginkgo biloba may include gastrointestinal distress, nausea, vomiting, diarrhea but numerous studies have shown it to be safe (Ref. 1,2,9,14,16-17) . If you are pregnant, on warfarin therapy, blood thinners or are taking antidepressants, consult with your physician to see if ginkgo biloba is right for you.

Scientific Studies

Ginkgo biloba has been studied at length as a natural way to improve the cognitive function of those with Alzheimer's disease (Ref. 11,12) There has been promising evidence of the effectiveness of ginkgo biloba on preventing cognitive decline (Ref. 10-15,18,22-25,27-28,30,32,34-36,38-40), neuronal protection (Ref. 35) and reducing neuronal plaque formation (Ref. 15). While there is continued controversy of its efficacy (Ref. 2,6-8), there is robust evidence in the literature in support of ginkgo biloba for enhanced circulation to the brain, protection from free radical damage and preventing the deposition of plaques.

As a dietary supplement, take one to two capsules of Brain Vitale per day with meals or as directed by your healthcare professional.

“The prettiest brains I have seen are those on ginkgo.” Dr. Daniel Amen, Making A Good Brain Great

Proprietary Blend per tablet:

Serving Size 2 capsules

Each Serving Contains:

- Acetyl-L-Carnitine HCL 500 mg
- Phosphatidyl Serine 120 mg
- GlyceroPhosphoCholine (GPC) 200 mg
- Inositol 200 mg
- GinkgoSelect™ Phytosome 90 mg

Other Ingredients: silicon dioxide, gelatin, water.

Certificate of Analysis Lot 072304

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

WARNING: Consult with your health care practitioner before use if you are pregnant or lactating, have had chronic kidney failure or are taking prescription medication, especially blood thinning medication.

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

GinkgoSelect and Phytosome are trademarks of Indena S.p.A

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. **(DUE TO CANADIAN CUSTOMS RESTRICTIONS THIS PRODUCT IS NOT CURRENTLY AVAILABLE IN CANADA)**

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