

## ***Brain and Memory Power Boost***

Do you want a healthier memory? More cognitive clarity? Mental focus? To feel sharper? Then, Dr. Daniel Amen's Brain and Memory Power Boost may be for you. Clinical neuroscientist, board certified psychiatrist, and brain imaging expert Dr. Daniel Amen has designed a revolutionary new approach to helping restore and support healthy brain function.

Brain and Memory Power Boost includes the super-antioxidant N-Acetyl-Cysteine (NAC), along with phosphatidylserine to maintain the integrity of cell membranes and huperzine A and Acetyl-L-Carnitine (ALC) to enhance acetylcholine availability and vinpocetine and ginkgo biloba to enhance blood flow. This is a novel combination of powerful antioxidants and nutrients essential in enhancing and protecting brain health. Dr. Amen's Brain and Memory Power Boost is the supplement used in the Retired NFL Player study performed at the Amen Clinics.

Dr. Daniel Amen's Brain and Memory Power Boost supports overall brain health, circulation, memory and concentration.

### **Ingredients**

**Acetyl-L-Carnitine (ALC):** ALC helps to boost acetylcholine, a major memory neurotransmitter, and is involved in cellular energy production. 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 suggests that it may slow the decline in cognition, mood, and daily function that occurs with age (Ref. 2-4).

**Alpha-Lipoic Acid (ALA)** is a compound found in the mitochondria of cells that is important in energy production. Supplemental ALA has a powerful antioxidant capacity and has been found to increase the cellular uptake of glucose, making it an important regulator of blood sugar levels.

**Ginkgo Biloba** is an extract from the ginkgo biloba tree, native to China, which is most recognized for its neuroprotective, antioxidant properties, and ability to boost blood flow. Promising research studies have reported that supplementation with ginkgo biloba results in enhanced memory and concentration. 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.

**Huperzine A** is a natural component of the Chinese club moss *Huperzia serrata*. It functions by inhibiting the enzyme acetylcholinesterase, thereby increasing levels of acetylcholine at the nerve terminal. In addition to improving the efficacy of cholinergic neurons it has also been shown to have a neuroprotective effect (Ref. 6).

**N-Acetyl-Cysteine (NAC):** NAC is an amino acid that is needed to produce glutathione, a very powerful antioxidant. NAC freely crosses cell membranes and functions to chelate heavy metals and environmental pollutants, which means it binds to and removes dangerous toxic elements within the cells, making it a molecule critical to brain health. In addition, NAC is a vasodilator, working to relax blood vessels and allow for more oxygen delivery to in the body (Ref. 1).

**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 help prevent cognitive decline (Ref. 7).

**Vinpocetine** is a component from the leaves of the Periwinkle plant (*Vinca minor*) that has been used to enhance cognitive function and improve blood flow to the brain. It is considered to be neuroprotective through its effects as an antioxidant. Brain imaging studies confirm that it is taken up across many brain regions, which supports its ability to influence metabolism and blood flow (Ref. 5).

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

#### **Recommended Use:**

As a dietary supplement, take one to three capsules of Dr.Amen’s Brain and Memory Power twice daily with meals or as directed by your healthcare professional. This must be taken with meals to ensure the highest absorption rate of vinpocetine.

#### **Servings per container: 15**

#### **6 capsules contain:**

- Acetyl-L-Carnitine (HCL) 1000 mg
- *Ginkgo Biloba* Extract 120 mg
- Alpha-Lipoic Acid (ALA) 300 mg
- Huperzine A (*Huperzia serrata*)150 mcg
- N-Acetyl-L-Cysteine (NAC) 600mg
- Phosphatidyl Serine (soy) 100 mg
- Vinpocetine 15mg

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.**

**References:**

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3. Chan, A., et al. (2008) Efficacy of a vitamin/nutraceutical formulation for early-stage Alzheimer's disease: a 1-year, open label pilot study with a 16-month caregiver extension. *Am J Alzheimer's Dis Other Demen.* 6:571-85.
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