

## ***NeuroCalm*** (120 capsules)

**\$39.95**

Dr. Daniel Amen, New York Times bestselling author of “Magnificent Mind at Any Age” and “Change Your Brain, Change Your Life” has developed NeuroCalm, a combination of amino acids with strong antioxidant potential, essential to protecting the brain and bringing a sense of calm.

NeuroCalm is an excellent supplement to take if you are experiencing excessive anxiety, tension, nervousness, panic or are having problems with mood stability and irritability. This nutraceutical works by balancing an overstimulated brain with the proper modulation of the excitatory and inhibitory neurotransmitters, thereby inducing a feeling of calm and relaxation.

### **Background and Scientific Studies:**

**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<sup>+2</sup>:** 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 help with mood, muscle weakness, and hyperactivity. In combination with vitamin B6, it has been shown to reduce the hyperactivity seen in children with attention deficit disorder (Ref. 10,13).

**Taurine** This is an amino acid that functions to stabilize nerve cell membranes by regulating the flow of information in and out of cells. In animal studies, taurine has been shown to help with memory and thinking skills (Ref. 4) and help with anxiety (Ref 2,9). Taurine helps to balance GABA, the brains calming neurotransmitter. Taurine has been used to help diabetes, epilepsy, hypertension, liver diseases and cystic fibrosis. If you have low blood pressure, low blood sugar, or you are taking blood thinning, anti-seizure, or cholesterol lowering medications, please consult your health care physician before using NeuroCalm as taurine may cause you to experience additive effects of these drugs.

**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. NAC is used by the liver and the lymphocytes to detoxify chemicals and other poisons. In addition, NAC is a vasodilator, working to relax blood vessels and allow for more oxygen delivery to in the body (Ref. 3). Recently, NAC has been studied as a treatment for drug addiction, as it functions to restore levels of the excitatory neurotransmitter glutamate in the reward center of the brain. New scientific research supports the efficacy

of N-acetylcysteine for the reduction of withdrawal symptoms and craving from cocaine (Ref.1,7) in the treatment of pathological gambling (Ref. 8) and as a neuroprotective therapy (Ref. 12). Brain glutathione levels have been shown to be decreased in many psychiatric disorders including OCD, depression and schizophrenia. Therefore, NAC supplementation has been shown in a single case to effectively treat OCD (Ref. 11) and in a randomized, double-blind, multicenter, placebo-controlled study (n=75, 1g NAC/ 2 times a day) it was found to effectively treat depression in those with bipolar disorder (Ref. 5) and as an adjunct therapy in schizophrenia (Ref. 6).

**Green Tea Leaf Extract:** Green tea is made from the dried leaves of *Camellia sinensis*, an evergreen shrub. It has been used as a remedy for many ailments including anxiety, cancer prevention, cardiovascular health, prevention of cold and flu, and weight loss. The green tea component *epigallocatechin gallate* (EGCG) is a potent free radical scavenger. Included in the extract is L-Theanine, which has been scientifically proven to bring the brain into an alpha wave state, which means it induces relaxation and reduces feelings of anxiety.

**Warning (NAC):** Consult with your healthcare practitioner if you are nursing or pregnant prior to supplementation with NAC. Use of NAC while on nitrates may cause headaches. Adverse reactions while taking NAC may include nausea, diarrhea, headache or rash.

**Recommended Use:** Four capsules daily

**Warning:** Do not use if pregnant or nursing

**Caution:** If you have congestive heart failure, kidney disease, or are taking medication—including anticoagulants—consult your healthcare practitioner before use. Maintain adequate fluid intake while taking this product.

**Servings per container: 30**

**Four capsules supply:**

- Vitamin B6 (as Pyridoxine hydrochloride) 25 mg
- Magnesium (as magnesium malate) 200mg
- Taurine 1,000mg
- N-A-C (n-Acetylcysteine) 600mg
- Green Tea Leaf Extract 300mg

Decaffeinated (*Camellia sinensis*) Standardized to 60% (180mg) catechins, 40% (120mg) Epigallocatechin Gallate (EGCG)

**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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