

NeuroLink (180 capsules)
\$40.00

Dr. Daniel Amen, New York Times bestselling author of “Magnificent Mind at Any Age” and “Change Your Brain, Change Your Life” has developed NeuroLink a combination of amino acids designed to enhance and balance brain activity. NeuroLink is a supplement designed to support overall brain health and cognitive function.

Psychological disorders including depression, anxiety, ADHD are often the result of low levels of neurotransmitters in the brain. The neurotransmitter serotonin helps to regulate mood and sleep while the neurotransmitters dopamine and norepinephrine make us feel awake and more alert. NeuroLink is a helpful way to boost the production of these neurotransmitters enabling you to think more clearly, be more relaxed, and have a healthy, balanced brain.

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.

L-tyrosine: Is an amino acid important in the synthesis of brain neurotransmitters. It is the precursor to the brain catecholamines (epinephrine, norepinephrine and dopamine) which are important in balancing mood and energy. It is also helpful in the process of producing thyroid hormones, which are important in metabolism. A sluggish thyroid can have significant effects on brain health. Tyrosine should not be taken with MAO and tricyclic antidepressants, or when a cancerous melanoma is present or history of cancerous melanoma or elevated blood pressure.

GABA or gamma-aminobutyric acid is an amino acid that regulates brain excitability and GABA supplements are recommended for the treatment of anxiety and stress. GABA and GABA enhancers such as the anticonvulsant gabapentin, L-theanine (found in green tea) and ethanol (alcohol) function to inhibit the excessive firing of neurons which results in a feeling of calm. Low levels of GABA have been found in many psychiatric and neurological disorders including depression, schizophrenia and Alzheimer’s disease (Ref. 16,19-21). While clinical studies using GABA supplements are still limited, studies using medications that enhance GABA, such as lorazepam and gabapentin, have been proven to effectively treat panic disorders, epilepsy and insomnia (Ref. 3,7,8,17,22).

L-glutamine is an amino acid important in the synthesis of the excitatory neurotransmitter glutamate and the inhibitor neurotransmitter GABA. It is also a nutrient for the brain as it is used for energy if the brain does not have enough glucose to function. Supplemental glutamine has been used in the treatment of ADHD, anxiety, 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.10,13,15). It also functions to neutralize free radical activity, thereby protecting neurons and promoting brain health.

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. 2) and help with anxiety (Ref 1,5). 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 NeuroLink as taurine may cause you to experience additive effects of these drugs.

5-HTP (5-hydroxytryptophan) is an extract from the African plant *Griffonia simplicifolia*, and is the precursor to the neurotransmitter serotonin, which plays a role in mood and sleep. Low levels of serotonin can lead to depression, anxiety and sleep disorders. 5-HTP supplementation has been used as a treatment for depression, anxiety, and panic disorders (Ref. 4, 11, 12). Use of 5-HTP should be avoided if you are pregnant or nursing and caution should be used if you are taking 5-HTP receptor agonists, antidepressant medications (SSRI, MAO or tricyclics), mood stabilizers (lithium), anti-migraine medications or pain medications due to potential additive effects. Taking 5-HTP may put you at risk for serotonin syndrome, a condition where high levels of serotonin accumulate in your body. Symptoms range from shivering and diarrhea to muscle rigidity, fever and seizures. Serotonin syndrome usually goes away within a day of stopping the medication, but if symptoms persist, seek medical attention immediately.

Recommended Use:

As a dietary supplement, take on an empty stomach before meals, 2-6 capsules, with a maximum of 6 per day or as directed by your health care practitioner.

Servings per Container: 30

Six capsules contain:

- Vitamin B6 (as Pyridoxal-5-Phosphate) 30 mg
- L-Tyrosine 1200 mg
- GABA 750 mg

- L-Glutamine 600 mg
- Inositol 600 mg
- Taurine 600 mg
- 5-HTP 150 mg

Other Ingredients: Gelatin (capsule), magnesium stearate.

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

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

**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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