

***Neuro Memory*** (60 capsules)  
**\$39.95**

Do you have problems thinking clearly or recalling important events in your life? Dr. Daniel Amen, New York Times bestselling author of “Change Your Brain, Change Your Life” and “Preventing Alzheimer’s” has developed NeuroMemory, a combination of nutrients essential to nerve cell formation and neuronal protection from free radical damage. Huperzine A, which is lauded for its role in improving cognitive function, makes this a powerful supplement in the quest to regain optimal brain health.

We recommend NeuroMemory for those experiencing issues with memory, reading, and learning. This supplement works by increasing levels of acetylcholine in the brain, a neurotransmitter important in mood stabilization and cognitive function.

### **Background**

**Folate** is a derivative of folic acid, also known as vitamin B9. It is important in red blood cell formation, energy production and in the regulation of homocysteine levels. It is most recognized as a supplement used by women in the first trimester of pregnancy, and is essential in the proper neural tube formation in the developing fetus. It has also been used in the treatment of depression, anxiety and for the prevention of anemia.

**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. This neurotransmitter has been found to be deficient in people with Alzheimer’s disease. In addition to improving the efficacy of cholinergic neurons it has also been shown to have a neuroprotective effect (Ref. 7). Since 1991 it has been studied as a treatment for the prevention of Alzheimer’s disease (Ref 1-12) and can be considered a safe alternative or adjunct to current pharmaceutical medications used to treat AD, as they all have a similar mechanism of action. Side effects may include tightness in chest, skin issues, dizziness, vomiting, diarrhea and insomnia, but evidence in the literature supports the safety and efficacy of Huperzine A (Ref 2.).

**Tocotrienol Complex** This complex is the natural form of the vitamin E family which includes alpha, beta, gamma and delta tocotrienols. Our formula also includes *d-alpha-tocopherol*, the most potent form of vitamin E which is readily absorbed into the body. This nutrient is a critical force in the fight against free radical damage to neurons. In addition to its antioxidant capacity, it has been shown to protect against stroke, arteriosclerosis, cancer and diabetes.

### **Scientific Studies**

Huperzine A has been studied at length in China as a natural way to improve the cognitive function of AD patients (Ref. 1-3, 5-8, 10-12). Using a meta-analysis approach, several groups have discovered a significant improvement in memory with Huperzine A supplementation (Ref 1-3). In one such study, Li et al. performed a meta-analysis of six randomized trials in patients with AD as compared to controls and found

that taking Huperzine A daily for 8 to 36 weeks (n=454 patients, 200-400mcg/day dosage) resulted in an improvement in cognitive function as measured by the Mini Mental State Exam (MMSE) (Ref. 3). While studies in China support growing evidence in favor of Huperzine A as an effective treatment for AD, Phase II clinical trials are currently underway in the US to validate this conclusion (Ref. 4).

The recommended effective dosage based on the literature is between 200-400mcg/day but can go as high as 500mcg (Ref. 2, 3). Therefore adults may take one Neuro Memory tablet 2x per day and work up to 2 tablets 2x per day.

**Recommended use:** To support cognitive function

**Warning:** Avoid use if taking acetylcholinesterase inhibitors or cholinergic medications, or if you have a seizure disorder, cardiac arrhythmia, benign prostatic hypertrophy, asthma, chronic respiratory condition, peptic ulcer, inflammatory bowel disease, or malabsorption syndrome. If taking medication, including blood thinning medications, consult your healthcare practitioner before use. Do not exceed recommended dosage.

**Servings per container: 30**

**2 softgels contain:**

- Folate (as L-5-methyl tetrahydrofolate) 400mcg
- Huperzine A (from *Huperzia Serrata*) 100mcg
- Vitamin E (as d-alpha tocopherol) 12 IU
- Full spectrum Palm 210mg
- Tocotrienol Complex ... Palm fruit (*Elaeis guineensis*), tocotrienol tocopherol complex containing alpha, beta, gamma, delta-tocotrienol, and d-alpha tocopherol 40mg

†As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

††TOCOMIN® SUPRABIO™, bio-enhanced, full spectrum palm fruit also supplying naturally occurring plant squalene, phytosterol complex, mixed carotenoids complex, and coenzyme Q10. U.S. Patent No. 6,596,306.

**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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