

BrainStorm®

*For Mental Focus**



Item # 72070

Available in bottles of 60 tablets

The Possible Benefits of BrainStorm®, a Dietary Supplement

- Provides precursors for the formation of key neurotransmitters*
- Provides antioxidants that support cellular membrane integrity of central neurons*
- May enhance brain function and support healthy emotional response*

Description

BrainStorm® is designed to enhance brain function and support memory, by providing nutrients that variously support blood circulation, antioxidant activity, neurotransmitter production and neurological function.*

Ginkgo is an antioxidant that may help protect the body from free radical damage.* Extensive studies show that Ginkgo enhances circulation, which may support brain function.* Increased circulation also supports delivery of nutrients and removal of metabolic wastes. **Eleuthero** is an adaptogenic herb known to support immune response, energy and concentration.* It is widely used as a tonic to improve resistance to stress, restore vigor, and support memory.* **Asian ginseng** is an adaptogenic, tonic and nervine herb, traditionally used to boost physical and mental vitality, and speed up reaction time.* The active ingredients in ginseng, called ginsenosides, are known to stimulate the nervous system and the immune system, and support blood sugar within normal levels.* **Gotu kola** has traditionally been used in India and Indonesia for enhancement of energy.* It has been shown to support circulation and to be mildly sedating.* Gotu kola is not related to kola nut and does not contain caffeine. **Bacopa** is an Ayurvedic herb used for 3,000 years to support memory and enhance intellectual and cognitive functions.* It contains alkaloids called bacosides which have been shown to augment kinase, the protein involved in the synthesis of new neurons.*

L-Glutamine is the most plentiful amino acid in the diet, and has many functions in the body. These include involvement in cellular energy and

growth, and as a precursor to GABA, an important neurotransmitter. **L-tyrosine** is an amino acid precursor to the catecholamine neurotransmitters epinephrine, norepinephrine, L-dopa and dopamine, and requires other nutrients such as **vitamins C** and **B6** for proper conversion. These neurotransmitters help regulate mental function, stress response, mood, and other functions.* Tyrosine is also involved in thyroid hormone production. **Acetyl-L-Carnitine** has been shown to support nerve and brain function.* It is crucial for the transfer of intracellular energy and in the production of acetylcholine, important for learning, attention, and memory.* It has been shown to help prevent damage from alcohol, and support memory and mental performance in normal, healthy people.*

Choline can serve as a precursor to the neurotransmitter acetylcholine, and is known to support memory and cognitive function.* **Inositol** has long been studied and used clinically to nutritionally support mental function.* **DMAE** can increase choline and acetylcholine levels, and has undergone much study. **Phosphatidylcholine** and **phosphatidylserine** are phospholipids, key components of cell membranes. Phosphatidyl-choline is needed for normal brain development of the fetus, and is a precursor to acetylcholine.* **Quercetin** has been shown to support the integrity of mast cells, reduce the production of prosta-glandins and leukotrienes, and play a role in normal capillary permeability.* **Cayenne pepper** contains the active ingredient, capsaicin, which has been studied for its effects on circulation, metabolism and the nervous system.*

*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.

