

BRAINsmart™

What to expect from this product:

- ♥ Improves memory
- ♥ Slows memory decline
- ♥ Reduces painful diabetic neuropathy
- ♥ Protects the brain from Diabetes Type 3
- ♥ Improves symptoms of Alzheimer's
- ♥ Jump starts energy
- ♥ Revitalizes brain neurons
- ♥ For recovery after stroke
- ♥ Contains Acetyl-L-carnitine, Alpha and R-Lipoic Acid, Curcumin and Blueberry extract



Super Brain Booster Acetyl-L-carnitine

Acetyl-L-carnitine has extensive researching showing it can protect brain cells, restore flagging energy, stimulate brain cells prompting them to grow new connections to other neurons and much more. But where acetyl-L-carnitine is most important is in combating brain aging and the prevention of dementia. Studies of Alzheimer's suffers have reported improvements in memory compared to patients receiving placebo. One study showed that when acetyl-L-carnitine was added to the typical drugs for Alzheimer's (acetylcholin-esterase inhibitors) the improvement in a variety of functional and behavioral parameters were improved by over 50% when compared to the drugs alone. Stanford University researchers stated that acetyl-L-carnitine slows the progression of Alzheimer's. Double-blind, placebo controlled studies (the gold standard) using acetyl-L-carnitine in 500mg to 2000mg doses for three months duration provided a significant improvement in symptoms and the longer the nutrient was taken, more improvements were noted. Other studies showed acetyl-L-carnitine improved hearing, increased heart energy, improved age-related macular degeneration of the eyes, improved heart function and reduction of fatigue. Acetyl-L-carnitine should be part of everyone's dementia-Alzheimer's prevention program. Acetyl-L-carnitine and alpha lipoic acid in combination are known as the dynamic duo in anti-aging compounds today.

Anti-aging Super Alpha-lipoic Acid

Found in every cell in the body, alpha lipoic acid is a powerful antioxidant. Antioxidants help fight off infection and disease, protect organs from damage and prevent premature aging. Lipoic acid supplements contain 50 percent R-lipoic acid and 50 percent alpha lipoic acid. There is controversy as to which form is better absorbed but Brainsmart contains both forms to ensure optimal absorption. Alpha lipoic acid also helps turn glucose into energy in the cells, making it an important treatment for diabetes and prediabetes. It is also the only recognized natural treatment to treat painful diabetic neuropathy. Alpha lipoic acid has also been studied

for post-stroke treatment due to its protective effect on brain and nervous tissue. Diabetes type 3 is a newly discovered form of brain diabetes causing increased brain aging. The combination of acetyl-L-carnitine and alpha lipoic acid are super stars at improving overall brain function thereby reducing memory decline.

Memory Enhancement with Blueberry Extract

Blueberries became news when old rats who were fed blueberries became young again. Now scientists have found that human research shows that blueberries – one of the richest sources of anthocyanins, improves memory in humans. Research showed that the group taking blueberry had a significant improvement on learning and memory tests. Twelve weeks of daily blueberry consumption improved the scores of two different cognitive tests involving memory in older adults. The study's authors suggested blueberries could slow or postpone the onset of aging-related memory problems. In another study involving 48 obese participants with pre-diabetes, the consumption of blueberries for eight weeks lowered blood pressure and reduced bad LDL cholesterol.

Curcumin Brain Protector

Curcumin, the yellow pigment in the curry spice turmeric, was originally researched for Alzheimer's disease because studies found there is a much lower incidence and prevalence of Alzheimer's in India than in North America. Researchers investigated the association between the curry consumption and cognitive level in 1010 Asians between 60 and 93 years of age. They found that those who ate curry foods performed better on a standard test (MMSE) of cognitive function than those who never or rarely ate curry. The process that Alzheimer's disease degrades the nerve cells in the brain is through inflammation in glial cells in the brain; the formation of beta-amyloid plaques; metal toxicity; and oxidative damage. Several studies have found that curcumin is a powerful anti-inflammatory in the brain, that it can break down plaques, improves memory and memory decline and it is a powerful antioxidant. The research will continue but it is compelling enough at this point to add curcumin to your brain protecting program.

FORMULA:

EACH 2 CAPSULES CONTAINS:

Acetyl-L-carnitine (HCl)	500 mg
Blueberry extract (Fruit).....	300 mg
Alpha lipoic acid (50% r-LA and 50% ALA)	100 mg
Turmeric (Curcuma longa L) (Rhizomes) (95% Curcumin).....	100 mg

This product does not contain artificial preservatives, colours or sweeteners; no dairy, soy, wheat or yeast. **VEGAN-FRIENDLY. GLUTEN-FREE.**

SUGGESTED USAGE:

- Take 2 capsules per day with food or as directed by a health care practitioner. Do not take at night as it increases energy.