

BRAIN SUPPORT



When it comes to preserving brain health, prescription medications take a back seat to the amazing array of natural supplements, foods and behavioral strategies that science has shown to have a powerfully beneficial effect on the brain.

Nature has provided for virtually every level of brain support and protection. There are natural compounds available to keep the brain from shrinking, to prevent oxidation from rusting out the brain, to keep nourishing blood flowing to every brain cell, and to provide critical molecular ingredients needed for brain cells to communicate with each other.

Keep it Sharp

Ultra-pure FISH OIL

By MyBestHealth



- Reduce risk of Alzheimer's
- Reduce risk of stroke

While omega-3 fish oils are now widely appreciated for their heart-healthy benefits, these key fats also play an important role in many aspects of brain health.

The omega-3 fats are composed of two main fats, EPA and DHA. DHA is one of the most

important structural components of the brain. Every day we lose one percent of our brain's DHA through general use and attrition.

If this DHA is not replaced by eating good sources of omega-3 fats or taking the appropriate supplements, the brain literally shrinks.

Fish oil supplements can also decrease the risk and degree of Alzheimer's disease and reduce stroke risk by 27%.

The MyBestHealth fish oil supplements are molecularly distilled, independently tested to be guaranteed free of pollutants, and are burp-free.

PRODUCT #	SIZE
141	60 gels

Improve Memory Performance

FORGET-ME-NOT

by MyBestHealth

- Fight dementia
- Potent ginkgo extract



When most people think of brain supplements, ginkgo is the first herb that comes to mind. Ginkgo helps the brain on a number of levels including: improving blood flow, providing an anti-aging, anti-oxidant protection to brain cells, and partially blocking the toxicity of the nests of amyloid protein which destroy brain cells and are the *sine qua non* of Alzheimer's dementia.

Improve Brain Cell Communication

RETRIEVE

by MyBestHealth

- Brain cell growth and repair



Imagine two people trying to communicate a complicated idea over a bad cell phone connection.

Brain cells need to be able to talk to each other clearly, too. Retrieve contains Phosphatidylserine (PS) which is an important molecule that supports improved communication between brain cells. This fat is absolutely essential for normal brain cell communication, growth and repair.

PRODUCT #	SIZE
142	60 tab

PRODUCT #	SIZE
180	30 cap

Rejuvenates Brain Cells

COGNIZIN

by Pure

- Boosts nerve communication
- Protects brain cells from rust

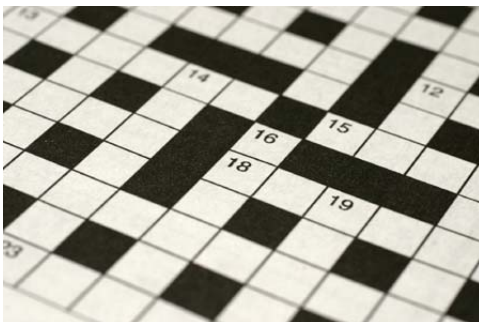


Cognizin contains pharmaceutical grade citicholine, a natural molecule that boosts nerve-to-nerve communication, rejuvenates shriveled brain cells, and acts as a powerful anti-oxidant to protect brain cells from the damage of everyday living that slowly rusts out our brains. While available in the US as a dietary supplement, citicholine is available only by prescription in other countries (Europe and

Japan).

Citicholine has also been shown to boost another important brain communication hormone, dopamine. A lack of dopamine causes Parkinson's disease and contributes to open-angle glaucoma, the most common form of glaucoma. Studies show that citicholine supplements can help relieve the symptoms of many brain diseases including Alzheimer's disease, age-related cognitive decline, Parkinson's disease, glaucoma, and ischemic stroke.

PRODUCT #	SIZE
214	60 tab



Additional Focus

CURCUMIN PRO

by MMS

- Prevents toxic protein buildup
- Natural anti-inflammatory



The Indian spice, turmeric, is the major ingredient in curry powder and is also a treasured healing herb.

Turmeric is also the leading source of curcumin which is a potent antioxidant with natural anti-inflammatory properties. After ingestion, curcumin can get into the amyloid infected memory cells of Alzheimer patients and

prevent this toxic protein from further accumulating inside the afflicted nerve cells. Curcumin does this better than any prescription drug tested to date.

In India where the per capita consumption of dietary curcumin is greater than that of the United States, Alzheimer disease rates are four times lower as compared with US populations.

PRODUCT #	SIZE
215	60 tab

Necessary Protection

SURE-SORB CO-Q10

by MyBestHealth

- Stops cholesterol from "attacking" arteries
- Only by prescription in Japan



Like any other organ, the brain can benefit from the support of anti-oxidant supplements.

Co-Q10 is a powerful anti-oxidant and support nutrient used in clinical research studies of the brain and nerves. Co-Q10 also offers powerful anti-aging support.

NAME	PRODUCT #	SIZE
Co-Q10 (50 mg)	129	30 cap
Co-Q10 (200 mg)	130	30 cap

Turbo-charge your Brain

BACOPA

by Pure

- Improve complex brain tasks
- Improve memory tasks



Bacopa monnieri is a favorite Ayurvedic herb that clinical research has actually shown to improve complex brain tasking as well as improve memory. Scientists believe that *Bacopa* works by improving cell-cell communication on multiple levels. In computer terms, it is basically like turbo-charging your brain's internal processors.

Bacopa must be processed and formulated with exacting specifications to see clinical results. "Big-box" supplement retailers are unlikely to read the latest scientific literature and ensure their products measure up.

PRODUCT #	SIZE
213	60 cap

Enhance Memory Function

COGNI-FLEX

by Douglas Labs

- Better than prescription drugs
- Powerful Chinese moss
- Fight "senior moments"
- Supports nerve-to-nerve communication

Cogni-Flex main ingredient is Chinese club moss, a Traditional Chinese medicine cherished for its cognitive enhancing effects... and now scientists know why, too.

This modest moss contains the nutrient, huperzine A, a potent molecule that boosts the levels of acetylcholine which is responsible for critical nerve-to-nerve communication in the brain. Alzheimer

Improves Alzheimer's, Stroke, Dementia

ALPHA-GPC

by Pure

- By prescription in Europe
- Makes brain cells youthful



Alpha-GPC enhances brain function in patients with Alzheimer's disease, stroke and dementia by increasing levels of acetylcholine, the primary molecule used to carry messages between nerve cells in the brain. Alpha-GPC also works to make the nerve cell membranes less stiff and more youthful.

As there are trillions of brain cells, it is no surprise that alpha-GPC cannot work overnight to repair every flagging nerve. Alpha-GPC works, but asks for patience.

PRODUCT #	SIZE
112	60 cap

prescription drugs like tacrine (Cognex) do the same, but huperzine A is 64 times more powerful in clinical testing. Huperzine A also seems to better target memory cells and enhance memory cell function longer than prescription drugs such as tacrine and donepezil (Aricept).

If your day is punctuated by "senior moments," Cogni-Flex should be part of your core supplement regimen.



PRODUCT #	SIZE
127	60 cap



Antioxidant Protection for the Brain

ALPHA LIPOIC ACID

by MyBestHealth

- Protection from hardening of the arteries
- Prevents neuropathy
- Used to treat victims of Chernobyl



Having been identified more than 50 years ago, alpha lipoic acid has long been appreciated for its potent antioxidant protection of the brain, nerves, heart, and arteries. This type of protection means a slowing of the aging process.

For patients with diabetes, alpha lipoic acid can help to reduce blood sugar levels and protect the body from the damaging "oxidizing" effects of

high blood sugar, such as hardening of the arteries and nerve damage (also known as neuropathy). Alpha lipoic acid also supports patients with other causes of neuropathy including chemotherapy, toxin-induced, and age-related.

Alpha lipoic acid is so powerful an anti-oxidant that it was used to treat victims of the Chernobyl nuclear accident and was shown to normalize affected internal organs and substantially reduce radiation-induced oxidative damage.

Now, you probably are not dealing with a disaster of this magnitude, but it is nice to know that the supplement you are taking is protecting you as if you were.

PRODUCT #	SIZE
113	60 cap

My Core Belief

Achieving and maintaining true health requires the human body to be in a state of balance. There are three core health principles that enable us to maintain balance: Adaptability, Immunity, and Momentum (AIM). It is the mismanagement of Adaptability, Immunity, and Momentum – "bad AIM," if you will -- that leads to disease.

Adaptability is the ability to adapt, and is the most important survival trait of all living things. In fact, if any living species does not possess adaptability, then rest assured it will not survive for long.

The ability of the human body to adapt depends largely on its hormonal system. Hormones are critical survival factors and without them we would struggle

Potent Anti-oxidant

GRAPSEED EXTRACT

by Physiologics

- Brain cell protection



Grapes (particularly red grapes) contain a potent blend of antioxidants known as oligomeric proanthocyanidins (OPCs).

That's a mouthful.

These OPCs are many times more powerful than the better known vitamins C and E. OPCs have been shown to reduce cholesterol's artery clogging abilities, dilate arteries to improve blood flow, and

gently thin the blood to prevent blood clots from causing strokes and heart attacks.

In research studies, OPCs can also kill cancer cells of the breast, lung, stomach, and prostate.

As an added bonus, OPCs also keeps skin looking more youthful by blocking the enzymes that destroy the underlying superstructure of skin which would otherwise lead to wrinkling and sagging.

Yes, you can get some OPCs from drinking red wine (10 times more than white wine), but you would also be getting the alcohol (I know that's the point). However, alcohol is a cancer-promoting toxin that should be enjoyed infrequently for your best health. The French studies that linked France's low heart attack rates to alcohol consumption also demonstrated France as having Europe's highest rates of cancer, hardly a statistic to celebrate.

PRODUCT #	SIZE
146	120 cap

with waking up, going to sleep, maintaining normal blood pressure, building bones, building muscles, fighting stress, keeping energy levels up, calming anxiety, relieving depression, making memories, thinking clearly – just to name a few.

Hormones provide resiliency which allows us to bounce back when we are down, recover when we are sick, and respond to Life's many challenges. As we age, our hormone levels decline as well as an accompanying loss of resiliency and adaptability.

We live in an exciting time when many of these "rejuvenating" hormones can be measured, deficiencies noted, and levels safely restored to more "youthful" levels. This does not mean we can stop the age clock, but we can slow the hands down and sometimes even turn them back to improve the feeling of well-being.

Brain Insurance

Like any other organ, the brain can benefit from the support of anti-oxidant supplements.

Powerful anti-oxidants and support nutrients used in clinical research studies of the brain and nerves include Alpha Lipoic Acid, Co-Enzyme Q10, Grapeseed extract, B vitamins, vitamin E and vitamin C.

- Co-Enzyme Q10 200mg by MyBestHealth**
 Take one capsule once or twice daily for antioxidant, anti-aging support.
- Alpha Lipoic Acid 250mg by MyBestHealth**
 Take one capsule once or twice daily for antioxidant, anti-aging support.
- Grapeseed Extract 150mg by PhysioLogics**
 Take one capsule once or twice daily for antioxidant, anti-aging support
- CardioVite by MyBestHealth**
 Contains high potency B vitamins and herbal antioxidants. Take one or two capsules daily with breakfast to provide potent antioxidant support.

Blood Flow & Memory Communication COGNITIVE FACTORS

by Pure

- *By prescription in Germany*



To enhance thinking and memory functions, it is necessary to maximize brain blood flow to feed hungry neurons the oxygen and sugar that are their primary fuel sources.

Cognitive Factors contains Ginkgo and vinpocetine, an extract of the periwinkle flower. These two ingredients work together to support improved blood flow and speeding blood delivery by thinning the blood much like aspirin.

PRODUCT #	SIZE
128	60 cap



Three Different Protocols for Three Different Memory States

Core Supplements / Prevention	Moderate Memory Symptoms	Significant Memory Symptoms
<ul style="list-style-type: none"> • CO Q10 by MyBestHealth • Alpha Lipoic Acid by MyBestHealth • Grapeseed Extract by PhysioLogics • Cardiovite by MyBestHealth • UltraPure Fish Oil by MyBestHealth • Curcumin by MMS 	<ul style="list-style-type: none"> • Forget-Me-Not by MyBestHealth • Retrieve by MyBestHealth • Alpha GPC by Pure 	<ul style="list-style-type: none"> • Cogni Flex by Douglas Labs • Cognitive Factors by Pure • Bacopa by Pure • Cognizin by Pure