

# Brain Health Support

with *Ginkgo Biloba & Phosphatidyl Serine*



## DESCRIPTION

Supporting brain function becomes even more important as we age. This Brain Health Support formula is designed to support mental function and retard the cognitive decline associated with the aging process.

## FUNCTIONS

The brain is one of the most energy-consuming organs in the body – consuming 25% of the body’s energy. It is estimated that the cerebral cortex (the largest part) is estimated to contain 15–33 billion neurons, each connected by synapses to several thousand other neurons. These neurons communicate with one another and carry signal pulses to distant parts of the brain or body targeting specific recipient cells. To support this neural activity, the brain relies on a steady stream of nutrients. These nutrients not only facilitate neuronal function but also play a structural role in the makeup of the brain itself. Compounds like the essential fatty acid, docosahexaenoic acid (DHA), and phosphatidylserine are found in high concentrations in the brain. Acetyl L-carnitine and choline provide precursors to important neurotransmitters, like acetylcholine, which facilitates memory consolidation. Inositol is included because of its role in maintaining “membrane potential,” which is the mechanism by which nerve impulses are transmitted. Brain Health Support ensures an adequate intake of these essential nutrients in a two-capsule dose. Additionally, ginkgo biloba is incorporated into the formula because of its possible effect on supporting cognitive function by modulating neurochemicals like serotonin, dopamine, and norepinephrine. The ginkgo biloba extract found in Brain Health Support is manufactured under strict quality control standards. Like all European herbal extracts, the extraction is regulated according to quality standards that exceed regulatory standards in the U.S. Along with flavoneglycosides and terpene lactones, our ginkgo provides 0.8% Ginkgolide B and other ginkgolide and bilobalide constituents.

## INDICATIONS

Brain Health Support may be a useful dietary supplement for those who may not be getting adequate levels of these nutrients or wish to help support healthy cognitive function.

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.

## FORMULA (WW #10019)

### 2 Capsules Contain:

Ginkgo biloba leaf extract.....	60 mg
(Standardized to 24% [14.4 mg] flavoneglycosides, 6% [4 mg] terpene lactones, 0.8% [0.5 mg] Ginkgolide B)	
Phosphatidyl serine complex .....	150 mg
L-Carnitine Tartrate.....	100 mg
DHA Powder (docosahexaenoic acid) .....	100 mg
Choline (as bitartrate) .....	25 mg
Inositol .....	25 mg
Other Ingredients: Capsule (cellulose, water), rice powder, magnesium stearate, and silica.	

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

## SUGGESTED USE

Adults take 2 capsules daily at mealtime or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

Fehske, Christian J.; Leuner, Kristina; Müller, Walter E. (2009). “Ginkgo biloba extract (EGb761®) influences monoaminergic neurotransmission via inhibition of NE uptake, but not MAO activity after chronic treatment”. *Pharmacological Research* 60 (1): 68–73.

Weinmann, S; Roll, S; Schwarzbach, C; Vauth, C; Willich, SN (2010). “Effects of Ginkgo biloba in dementia: systematic review and meta-analysis”. *BMC geriatrics* 10: 14.

Himmelheber, AM; Sarter, M; Bruno, JP (2000). “Increases in cortical acetylcholine release during sustained attention performance in rats”. *Brain research. Cognitive brain research* 9 (3): 313–25.

Blokland A, Honig W, Brouns F, Jolles J. Cognition-enhancing properties of subchronic phosphatidylserine (PS) treatment in middle-aged rats: comparison of bovine cortex PS with egg PS and soybean PS. *Nutrition* 1999;15:778-83.

Kidd PM. Phosphatidylserine; Membrane nutrient for memory. A clinical and mechanistic assessment. *Altern Med Rev* 1996;1:70-84.

Horrocks LA, Yeo YK. Health benefits of docosahexaenoic acid (DHA). *Pharmacol Res.* 1999 Sep;40(3):211-25.

Kukuljan M, Vergara L, Stojilkovic SS (February 1997). “Modulation of the kinetics of inositol 1,4,5-trisphosphate-induced [Ca<sup>2+</sup>]<sub>i</sub> oscillations by calcium entry in pituitary gonadotrophs”. *Biophysical Journal* 72 (2 Pt 1): 698–707.

Manufactured For:

**Good Life Pharmacy**

125 South 16th St.  
Ord, NE 68862  
308.728.3295