

# MIND POWER

## *BRAIN ANTI-AGING FORMULA*

New, Double-Strength Formulation For Increased Cognitive Function/Enhanced Memory/Intelligence Boosting & With Dramatic Anti-Aging/Alzheimer's Disease Factors.

Using this extraordinary new formulation might be one of the smartest things you ever do. The ingredient list reads like a "who's who" of the world of smart drugs and mind enhancing natural therapies. No less than 115 individual brain enhancing, intelligence boosting and memory enhancing ingredients have been crammed into each and every capsule. Not only will this formulation help with increasing basic memory capacity and thinking speed but it will also greatly assist in the fight against premature mental aging, brain decline, senility and Alzheimer's Disease.

**INGREDIENTS:** Vitamin B1; B2; B3; B5; B6; Folic Acid; B12; Magnesium Citrate; Bacopa moniera (Brahmi); L-Tyrosine; Pyroglutamic Acid; L-Glutamine; Choline Bitartrate; Ginkgo Biloba; Taurine, Phosphatidyl Choline; Phenylalanine; Acetyl-L-Carnitine; Korean Ginseng Root; DHA; DMAE; GABA; Ocean Mineral/Trace Mineral Complex; Phosphatidyl Serine; Ocean Peptide/Amino Acid Complex; Schizandra; Vinpocetine; Flax Seed Oil Powder.

**MEGA B-VITAMIN COMPLEX:** Know what the "B" stands for? "BRAIN." These are the Brain Vitamins and essential for all brain function and activity. Without Pantothenic Acid for instance, no intelligence can be formed as part of the life-creation cycle. Interestingly, Alzheimer's Patients are notoriously low in B-Vitamins, as are autistic children and people who suffer from severe stress and alcoholism. Vitamin B1, also known as Thiamine is the "morale vitamin." It is also functions as a required coenzyme or helper molecule in the metabolism of protein, carbohydrates and fat for energy production. All these are needed for cognitive functioning processes. Vitamin B2 is also known as Riboflavin, a vitamin commonly deficient in the American diet. Necessary for energy production and for fat and carbohydrate metabolism. Vitamin B3, also known as Niacin. The workhorse vitamin with a host of functions including energy production, cholesterol metabolism, sex hormone synthesis and brain energy. It is essential for fat metabolism, helping to mobilize fat from adipose tissue so that it can be burned as energy. It also prevents the buildup of cholesterol in the liver and arteries. Niacin is involved in the synthesis of the myelin sheath the protective fatty covering of the nerves. It is also necessary to prevent migraines and vertigo attacks. Vitamin B5, also known as d-Calcium Pantothenate or Pantothenic Acid. This is the "intelligence creating" vitamin and also a powerful antioxidant for the brain. Helps defend against stress, fatigue and nerve disorders and it is a key to overcoming shock and anxiety. Especially needed for any psychological disorder. Vitamin B6, also known as Pyridoxine. A key factor in red blood cell regeneration, protein metabolism and carbohydrate use. A primary immune system stimulating vitamin and supports all aspects of nerve health including neuropsychiatric disorders, epilepsy and carpal tunnel syndrome. Folic Acid, also known as Folacin which plays an important role in the synthesis of DNA, enzyme production and blood formation. Essential for the division and growth of new cells and prevents spina bifida in newborn children. B12, also known as Cyanocobalamin. An anti-inflammatory to protect delicate brain tissue and also a primary part of DNA synthesis and for red blood cell formation. Involved in all immune system responses and new research shows success in cancer management, especially in brain tumor development. Deficiencies result in anemia, nervous system degeneration, dizziness.

**MAGNESIUM CITRATE:** The "mother mineral" of all life. Essential to create a heart beat in conjunction with Potassium. Essential for nervous system operation to occur. Counteracts stress, nerves, irregular heartbeat and emotional instability and depression. Magnesium functions in a critical capacity as a cofactor in more than 300 known enzymatic reactions involved in a broad range of metabolic activities. In energy production, the metabolism of glucose, the oxidation of fatty acids and the activation of amino acids all require Magnesium. It is involved protein synthesis (the building of new body proteins), the transmission of the genetic message through production of DNA and RNA and in the formation of a compound called Cyclid AMP that serves as a "messenger" to tell the cells what to do. In addition, Magnesium function in nerve transmission of intelligence and communication between the mind and the body.

**BACOPA MONIERA (BRAHMI):** A new, "SUPER-BRAIN" nutrient yet it has been used for nearly 3000 years in India as an intelligence booster. The herb is known for its ability to build and improve mental performance. Brahmi has been administered at religious schools to help students enhance their memory for learning ancient religious hymns. The plant has been studied extensively at the Indian government's Central Drug Research Institute. Brahmi has been shown to improve both short-term and long-term memory. When rats were trained to run a particular maze pattern and then given Brahmi, they were able to run the maze correctly more often than those receiving a placebo in both long and short-term tests. Recently, an extract of Brahmi was shown to neutralize free radicals in brain tissue, a point of extreme importance for brain cancer and Alzheimer's Disease patients and for those wanting to prevent their occurrence.

**L-TYROSINE:** A nonessential amino acid that the body synthesizes from Phenylalanine, another amino acid. It is important to the structure of almost all proteins in the body and it is also the precursor of several important neurotransmitters, including L-dopa, Dopamine, Norepinephrine and Epinephrine. It has been shown to be highly effective on Parkinson's Disease symptoms depression and mood disorders.

**L-GLUTAMINE:** Another amino acid that is used by the brain and central nervous system to make neurotransmitters the biochemical mediators that stimulate the brain's electrical impulses which in turn translate into thoughts, sensations and emotions. Think of L-Glutamine as a "brain tune up" substance and highly effective in preventing mental fatigue and "brain fog."

**CHOLINE BITARTRATE:** Has dramatic effect on memory and learning capacities. When Choline was fed to pregnant rats, their offspring showed significantly better memory in maze tests than rats whose mothers were not fed Choline. The improved memory was maintained at a level comparable to that of much younger rats, even after the rats grew old. The beneficial effects relate to Choline's function in nerve membranes and it is used to make the neurotransmitter Acetylcholine which enables signals to go from nerve to nerve.

**GINKGO BILOBA:** The most famous of the Chinese "brain nutrients" also known as "the wisdom tree" and whenever the Dalai Lama gives a gift, it is a Ginkgo tree. In Traditional Chinese Medicine, Ginkgo is used to help enhance memory and prevent age-related decline in mental performance. In Germany, Ginkgo is also widely prescribed--two million times per month--to treat age-related memory decline, as well as to protect the brain against free radical damage.

The antioxidant ginkgosides found in Ginkgo are thought to be responsible for most of the plant's biological action in humans. It helps with blood flow to the brain, enhanced memory and free radical protection.

**TAURINE:** A vitally important amino acid needed to regulate the heartbeat, maintain cell membrane stability and prevent brain cell overactivity. Apart from its brain health capacities, Taurine has also shown great promise in the treatment of Cystic Fibrosis, Epilepsy and Cardiomyopathy.

**PHOSPHATIDYL CHOLINE:** A natural part of Lecithin, the nervous system nutrient and helps maintain the "fluidity" of cellular membranes and plays a critical role in all membrane-dependent processes.

**PHENYLALANINE:** One of the "essential" amino acids; a Tyrosine precursor that works with Vitamin B6 on the central nervous system as an antidepressant and mood elevator. Successful in treating manic depression and schizophrenic type depression. Also works as a stimulant to the thyroid to help curb the appetite by increasing the body's production of CCK.

**ACETYL-L-CARNITINE:** Similar in form to the amino acid, L-Carnitine and also has some similar functions such as being involved in the metabolism of food into energy. Contributes to the production of the neurotransmitter "Acetylcholine" which is necessary for all mental functioning to occur.

**KOREAN GINSENG ROOT:** Used for over 2000 years in Asian countries for use by the elderly to improve mental capacities and both physical and mental energy and overall "outlook on life."

**DHA:** A deficiency in DHA is directly linked to Alzheimer's Disease. Similarly, evidence shows that children with attention deficit disorders have low DHA levels. Many doctors believe that the diet of most people eating a Western diet, do not provide optimal amounts of Omega-3 fatty acids such as DHA and at least four studies have reported a reduced blood level of Omega-3 fatty acids in people with depression and anxiety.

**DMAE:** Like Choline, this helps increase levels of the brain neurotransmitter "Acetylcholine." It is found in large amounts in the meat of fish which is probably why seafood has been known for centuries as "brain food."

**GABA:** Also known as Gamma Aminobutyric Acid. A natural calming and anti-epileptic agent in the brain. Extensive research has shown that GABA is beneficial the treatment of a variety of brain disorders, most significantly in the treatment of epilepsy and schizophrenia.

**PHOSPHATIDYL SERINE:** A brain cell nutrient that rapidly absorbs and readily crosses the blood-brain barrier to help activate and regulate proteins that play major roles in all nerve-cell functions and nerve impulses. Studies show that Phosphatidyl Serine may help improve cognitive ability such as memory and learning, especially for Alzheimer's patients. It effectively helps individuals maintain mental fitness with the benefits persisting even four weeks after supplementation is stopped.

**OCEAN SOURCED MINERALS & TRACE MINERALS:** Needed for all functions within the body, in particular for the transmission of all electrical signals and communication between the mind and the body.

**OCEAN SOURCED PEPTIDES AND AMINO ACIDS:** The building blocks of all cellular matter and vital for protein synthesis to occur. Also required for the brain to function.

**SCHIZANDRA:** The "Prince of the Chinese Herbal Kingdom." Revered in Traditional Chinese Medicine as being the pinnacle of the herbal compound powers for the Mind, the Body and the Spirit. A longevity booster and essential for mental clarity and harmony.

**VINPOCETINE:** Chemically derived from "Vincamine," a constituent found in the leaves of the common Periwinkle plant as well as the seeds of various African plants. It is used as a highly successful treatment for memory loss and mental impairment. It was developed in Hungary over 20 years ago and is sold in Europe as a drug under the name "Cavinton." Here in the United States it is available as a dietary supplement for the treatment of memory loss and significant evidence supports the idea that can enhance memory and mental function especially in those with Alzheimer's Disease and related conditions. It works by enhancing blood flow in the brain, safeguarding brain cells against damage and inhibiting a substance known as "Phosphodiesterase." Vinpocetine has also been used extensively as a treatment for reducing brain damage during strokes.

**FLAX SEED OIL POWDER:** High in essential Omega-3 fatty acids that the brain requires to function and be protected from free radical damage.

\*Note: 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.