

# NEURAVIE®

## NEURAVIE BLEND GLOSSARY

### Neurology Blend

**5-MTHF** - Supports healthy homocysteine levels, benefiting the cardiovascular system, nervous system and cognitive function, including memory.

**CDP Choline** - Neurotransmitter synthesis for healthy mood and mental function. Supports healthy homocysteine levels, benefiting the cardiovascular system, nervous system and cognitive function, including memory.

**B-12 Methyl** - Vitamin B12 deficiency has been associated with memory loss, especially in older adults. The vitamin may play a role in preventing brain atrophy, which is the loss of neurons in the brain and often associated with memory loss.

**P-5-P** - In addition to increased mental energy, P5P may also benefit in the formation of memories. The benefit derives from the neurotransmitter properties seen in P5P, but pyridoxal-5-phosphate also has neuroprotection capabilities. It likely plays a role in improving overall brain health.

**Electrolyte Blend** - The brain operates in an extraordinarily intricate environment which demands precise regulation of electrolytes. Alterations in extracellular fluid sodium concentrations produce water shifts that lead to brain swelling or shrinkage.

### Amino/Secretagogue Neuro Support

**Complete Amino** - To function adequately, the central nervous system requires several amino acids found in protein foods. Amino acids such as tryptophan, tyrosine, histidine, and arginine are used by the brain for the synthesis of various neurotransmitters and neuromodulators.

**L-Theanine** - L-theanine crosses the blood-brain barrier, and has the ability to modulate inhibitory neurotransmitters, serotonin, and dopamine to bring about anxiolytic and calming effects. L-theanine can also improve cognition and selective attention, perhaps due to changes in alpha brain wave activity.

**Mucuna Pruriens** - Is used to treat the motor symptoms associated with loss of dopamine neurons. Mucuna pruriens contains L-dopa, a precursor to dopamine that crosses the blood-brain barrier to increase dopamine neurotransmission.

**Phosphatidylserine Supplementation (PS)** - Essential for the brain not only to make energy, but to manage its trillions of nerve cell connections. PS promotes brain health at all stages of life, from childhood through adulthood.

**L-Glutathione** - Is essential for the cellular detoxification of reactive oxygen species in brain cells. A compromised GSH system in the brain has been connected with the oxidative stress occurring in neurological diseases.

**Alpha GPC** - Alpha-GPC is a supplement that may increase brain levels of acetylcholine, a neurotransmitter. That is important for memory and learning. Neurons that produce acetylcholine are some of the first neurons lost in Alzheimer's disease, and theoretically, taking alpha-GPC may compensate for that loss.

**Acetyl-Carnitine** - Important for many body processes. May help improve physical function and reduce blood ammonia levels.

**Uridine**- Is an important building block used to create RNA, and increases synthesis of brain phosphatidylcholine. Studies have shown it may enhance the formation of synaptic connections, increase cholinergic brain function, and upregulate dopamine receptors.

**GABA** - Is a naturally occurring amino acid that works as a neurotransmitter in your brain. Neurotransmitters function as chemical messengers. GABA is considered an inhibitory neurotransmitter because it blocks, or inhibits, certain brain signals and decreases activity in your nervous system.

## Botanical Nootropic Blend

**Theobromine** - These compounds influence in a positive way our moods and our state of alertness. Theobromine, which is found in higher amounts than caffeine, seems to be behind several effects attributed to cocoa intake. The main mechanisms of action are inhibition of phosphodiesterases and blockade of adenosine receptors.

**Hup A** - Huperzine A acts as a cholinesterase inhibitor — a type of medication that works by improving the levels of neurotransmitters in the brain. Small early studies suggest that huperzine A might improve memory and protect nerve cells.

**Ginko 24** - Improves cognitive function because it promotes good blood circulation in the brain and protects the brain and other parts from neuronal damage.

**Bacopa** - The herb contains saponin compounds such as bacosides and bacopasides, which may enhance the communication of brain chemicals involved in cognition, learning, and memory, and inhibit inflammation in the brain.

**Lion's Mane** - Has the ability to improve cognitive function, brain health, and mental health. *Herichium Erinaceus* (the scientific name for lion's mane) has been growing in popularity due to its strong nootropic effects. Nootropics are considered "smart drugs".

**Ashwagandha** - Provides the bioactive polyphenolic compounds glycowithanolides, which can protect the brain from oxidative stress by increasing the activity of endogenous antioxidant enzymes.

**Saffron Extract** - Is high in carotenoids and B vitamins that help increase the levels of serotonin and other chemicals in the brain that support mood.

**Rhodiola** - Is an adaptogenic nootropic that may improve cognitive function, enhance memory and learning, and protect the brain. It also helps with emotional calming and protects against emotional stress. In fact, a 2012 systematic review found that rhodiola may be helpful at alleviating brain fog.

## Gut/Brain Flora Support

**PreforPro** - In a human clinical study, this ingredient was shown to influence the microbial population of the gut, while also producing positive effects on cholesterol and immune response. Participants were administered one 15mg capsule daily. When compared to the placebo group, results of the study indicated:

- | An increase in beneficial bacteria, including *Bifidobacterium bifidum* and *Lactobacillus delbrueckii*
- | Increase in counts of butyrate-producing Eubacteria
- | Decrease in taxa related to *Clostridium perfringens*
- | A significant decrease in the allergy-inducing interleukin 4 (IL-4) cytokine

**Probiotic Blend** - Probiotics can do more than improve your gut health. They may also help boost mood and cognitive function. The gut and the brain are connected by the vagus nerve, the longest nerve in the body.

## Carotenoid Blend

**Lutein/Zeaxanthin** - Due to its antioxidant and anti-inflammatory benefits, Lutein has now been linked to improvements in brain health, cognitive function, memory, and even mood! Studies have shown the two carotenoids Lutein and Zeaxanthin have memory-enhancing effects when taken daily, as well as an impact on cognitive function.

