



# Optimal Brain

This product is a unique combination of botanicals and phytonutrients that provides nutritional support for maintaining healthy neural tissues and cognitive function.

Physical exercise, mental stimulation, obtaining adequate sleep, and limiting exposure to toxins can all contribute to preserving cognitive health. Supporting healthy inflammatory mechanisms in the brain and protecting nerve cells from free radical damage can also play an important role in maintaining brain function and neurocognitive processes. This product supplies specific nutrients that have been shown to support natural inflammatory responses and provide antioxidant protection to preserve central nervous system functions and protect against cognitive decline.

- Addresses brain microglial cell inflammation:** Microglia are immune cells of the central nervous system that become activated upon detection of neurological insult or dysfunction. Once activated, they can trigger an inflammatory cascade that can promote tissue damage and accelerate neurodegeneration. The botanicals in this product, including green tea and blueberry have demonstrated the ability to inhibit microglial activation, thus helping regulate potentially harmful brain inflammation. The phytonutrients luteolin, rutin and pterostilbene can further downregulate inflammatory processes within the brain by inhibiting the synthesis and activity of certain inflammation-promoting compounds.
- Provides antioxidant protection for nerve cells:** Free radical-induced damage to nerve cells can contribute to inflammation and result in cognitive decline with age. Blueberry, green tea and turmeric extracts exert potent antioxidant protection that neutralizes free radicals and the consequent oxidative damage that they generate. This action may produce a slowing down or improvement in mild memory problems associated with the aging process.
- Offers additional benefits for cognitive function:** This product also focuses on the benefits of lecithin, an important phytonutrient made up of a natural mixture of phospholipids. Lecithin has been shown to increase levels of acetylcholine, an important neurotransmitter involved in memory and learning, and may enhance cognitive function by increasing cholinergic activity in the brain. Lecithin also allows for efficient nutrient transport within and across brain and nerve cell membranes, which helps ensure proper nourishment for the brain.

This product can be taken by children or adults who want maximum nutritional support for brain function and may be especially beneficial for persons at higher risk for developing cognitive impairment. This product is free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, and yeast. Contains no artificial colors, flavors, or preservatives.

**Suggested Use:** 1 capsule daily with food.

This product was made in a GMP and ISO 9001:2008 registered facility.

## Supplement Facts

Serving Size 1 Capsule • Servings Per Container 30

### Amount Per Capsule

Blueberry ( <i>Vaccinium corymbosum</i> ) fruit dried extract, min. 15% anthocyanins	100 mg*
Green Tea ( <i>Camellia sinensis</i> ) leaf, dried extract, min. 50% epigallocatechin gallate, min. 95% polyphenols	100 mg*
Turmeric Phytosome** ( <i>Curcuma longa</i> ) root, dried extract, min. 18% curcuminoids, phosphatidylcholine complex	100 mg*
LutiMax**** Luteolin/Rutin complex	75 mg*
trans-Pterostilbene**** (methylated resveratrol)	25 mg*
Lecithin (from soy)	75 mg*

\*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, cellulose, and silicon dioxide.



\*\*Meriva® brand bioavailable curcumin. Meriva® is a registered trademark of Indena S.p.A., Milan.

\*\*\*Manufactured under license of US Patent No. 6,774,142 from LutiMax Nutraceuticals, LLC

\*\*\*\*pTeroPure™ brand, a trademark of pTeroPure ChromaDex, Inc.

CONTAINS SOY.

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