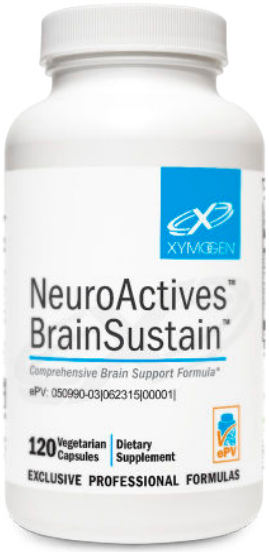
NeuroActives™ BrainSustain™

Comprehensive Brain Support Formula*



Available in 120 capsules and 240 capsules

Clinical Applications

- Supports Enhancement of Brain Function*
- Supports Brain Health and Healthy Memory*
- Provides Generous Antioxidant Support to the Brain*
- Supplies Micronutrients to Support Neuronal Energy Production*

*Representing more than 30 years of neuroscience research, this unique encapsulated formula is designed to enhance brain performance and promote brain health. A key component of a complete program to ensure optimal brain function, **NeuroActives™ BrainSustain™** improves the energy production of brain mitochondria and provides generous antioxidant support to combat the damaging effects of excess free radicals in the brain.**

Discussion

NeuroActives™ BrainSustain™ provides an array of micronutrients and antioxidants that are essential to the structure, metabolism, and function of the brain and nervous system. This neurosupportive formula provides a foundational approach to sustaining neurological activity and integrity.*

N-Acetyl-Cysteine (NAC) As a source of the conditionally essential amino acid cysteine, NAC is a precursor to one of the brain's most important antioxidants—glutathione. NAC itself is an effective antioxidant and has been shown to reduce the formation of free radicals that can contribute to oxidative damage in the brain.*[1]

Phosphatidylserine A phospholipid that is highly concentrated in the brain, phosphatidylserine (PS) plays a key role in neuronal energy production and communication. Since very little PS is found in food, we must synthesize or supplement the amount we need for optimal brain health. Improvements in cognitive function and memory have been observed following supplementation with PS.[2-4] For some individuals, cognitive decline may be related to "age-related decline in nutrition,"[5] and early nutrition intervention may be warranted. NeuroActives BrainSustain contains safe-source PS from sunflower lecithin and contains no animal products.*

Acetyl-L-Carnitine (ALCAR) The ALCAR form of the amino acid L-carnitine is found to have multifaceted roles in neuroprotection.[6] It is able to cross the blood-brain barrier where it stabilizes cell membranes, acts as an effective antioxidant, and protects brain cells from toxic chemicals and stress-induced damage.[7-9] In addition, ALCAR enhances neuronal energy production, facilitates transport of fuel and waste products into and out of mitochondria, and supports production of acetylcholine, a neurotransmitter essential to the processes of learning and concentration.*[8-10]

Alpha-Lipoic Acid Acting as both a fat- and water-soluble antioxidant, alpha-lipoic acid provides intracellular and extracellular protection against oxidative stress. With its low molecular weight, alpha-lipoic acid is easily absorbed in the gastrointestinal tract. It then enters circulation, crosses the blood-brain barrier, and reaches the brain where it can regenerate other important antioxidants, including glutathione, vitamin E, and vitamin C.*[11,12]

Coenzyme Q10 (CoQ10) As a ubiquinone, CoQ10 facilitates the transfer of electrons in the electron transport chain (ETC), playing a crucial role in the formation of ATP (adenosine triphosphate) and the generation of energy within the cell. CoQ10 also donates electrons, making it an effective antioxidant. As such, CoQ10 protects cells, cell membranes, and tissues from damaging free radicals and pro-oxidants. The antioxidant activity of CoQ10 may protect the brain from the oxidative stress that is believed to be partially responsible for the degeneration of neuronal cells.*[13]

Broccoli Seed Extract The patented form of the phytochemical in broccoli called sulforaphane glucosinolate (SGS™) is a key ingredient in NeuroActives BrainSustain. Extensive research demonstrates that when SGS is broken down to sulforaphane (its active form), it safely and effectively upregulates the Nrf2 system, enhances antioxidant production, and activates vital phase II detoxification enzymes.[14,15] This process provides protection from common toxins and xenobiotics.*

Adequate antioxidant protection from ongoing free radical damage is crucial to maintaining the health and function of the cell and, hence, tissues and organs, especially the brain. Unbridled oxidative damage can lead to metabolic disruption and organ dysfunction over time. Antioxidant-promoting phytochemicals such as SGS are considered "lifespan essentials" because they assist in maintaining health throughout adult life.*[16]

*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.

NeuroActives™ BrainSustain™ Supplement Facts

Serving Size: 4 Capsules

	Amount Per Serving	%Daily Value
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	400 mg	**
N-Acetyl-L-Cysteine	150 mg	**
Phosphatidylserine[S1]	100 mg	**
Alpha-Lipoic Acid	100 mg	**
Coenzyme Q10 (as ubiquinone)	100 mg	**
Glucoraphanin (from broccoli extract)(*Brassica oleracea italica*)(seed)[S2]	15 mg	**

** Daily Value not established.

Other Ingredients: Tricalcium phosphate, capsule (hypromellose and water), stearic acid, magnesium stearate, silica, and calcium silicate.

DIRECTIONS: Take two to four capsules daily, or as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication, especially cancer treatment, should discuss potential interactions with their healthcare professional.

STORAGE: Keep closed in a cool, dry place out of reach of children.

FORMULATED TO EXCLUDE: Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, and artificial preservatives.

S1. Sharp•PS® is a registered trademark of Enzymotec Ltd.

S2. TrueBroc® is protected by trademarks and patents of Brassica Protection Products LLC: www.brassica.com/ip

VEGETARIAN CAPS

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Additional references available upon request

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All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

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