

Neurotransmitter Support Formula*

BrainAid is designed to enhance brain function and support memory, by providing nutrients that variously support blood circulation, antioxidant activity, neurotransmitter production and neurological function.*

These include herbal extracts of Ginkgo, Eleuthero, Asian Ginseng, Gotu kola, as well as Bacopa, Quercetin, and Cayenne pepper; amino acids L-Glutamine, L-tyrosine, and Acetyl-L-Carnitine; lipid factors Choline, Inositol, Phosphatidylcholine, and Phosphotidylserine; and key vitamins and minerals that play important roles in brain function.*



#52070 60 tablets

Key Features

- Provides precursors for the formation of key neurotransmitters*
- Provides antioxidants that support cellular membrane integrity of central neurons*
- May enhance brain function and support memory*













Ginkgo is an antioxidant that may help protect the body from free radical damage.* Extensive studies show that Ginkgo enhances circulation, which may support brain function.* Increased circulation also supports delivery of nutrients and removal of metabolic wastes. Eleuthero is an adaptogenic herb known to support immune response, energy and concentration.* It is widely used as a tonic to improve resistance to stress, restore vigor, and support memory.* Asian ginseng is an adaptogenic, tonic and nervine herb, traditionally used to boost physical and mental vitality, and speed up reaction time.* The active ingredients in ginseng, called ginsenosides, are known to stimulate the nervous system and the immune system, and support blood sugar within normal levels.* Gotu kola has traditionally been used in India and Indonesia for enhancement of energy.* It has been shown to support circulation and to be mildly sedating.* Gotu kola is not related to kola nut and does not contain caffeine. Bacopa is an Ayurvedic herb used for 3,000 years to support memory and enhance intellectual and cognitive functions.* It contains alkaloids called bacosides which have been shown

Supplement Facts

1 1	Serving Size 1 Tablet Servings Per Container 60
Amount Per Serving % Daily Value*	Amount Per Serving % Daily Value*
Vitamin A (as 1000 IU of Beta-Carotene) Vitamin C (as Ascorbic Acid) Vitamin C (as Ascorbic Acid) Vitamin E (as 5 IU of d-Alpha Tocopheryl Succinate) Thiamine (as Thiamine Hydrochloride) Thiamine (as Thiamine Hydrochloride) To mg Thiamine (as Thiamine Hydrochloride) To mg To mg	Amount Per Serving % Daily Value* Molybdemum (as Sodium Molybdate) 25 µg 56% Boron (as Boric Acid) 250 µg † Ginkgo (Leaves) Extract 15 mg † Baccopa (Aerial Part) Extract 50 mg † Eleuthero (Root) Extract 20 mg † Asian Ginseng (Root) Extract 20 mg † Gotu Kola (Aerial Part) Extract (10% Triterpenoids) 50 mg † L-Glutamine 125 mg † L-Glutamine 125 mg † L-Glutamine 25 mg † N-Acetyl-L-Carnitine 25 mg † Choline (as Choline Bitartrate) 18.74 mg † Inositol 100 mg † N-Acetyl-L-Carnitine 25 mg † Choline (as Choline Bitartrate) 18.74 mg † Inositol 25 mg † Quercetin Dihydrate 25 mg † Cayenne Pepper (Fruit) Powder 50 mg † Essential Phospholibids (Phosphatidylserine 60%)
Zinc (as Zinc Citrate) 5 mg 45% Selenium (90% as Sodium Selenite and 10% as Selenomethionine) 25 µg 45% Selenomethionine) 25 µg 45% Copper (as Copper Bisglycinate) 0.5 mg 56% Chromium (as Chromium Picolinate) 25 µg 71%	† Daily Value not established *Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, silicon dioxide, stearic acid, croscarmellose sodium, magnesium stearate, hydroxypropyl cellulose, gum acacia.

Contains: Soy

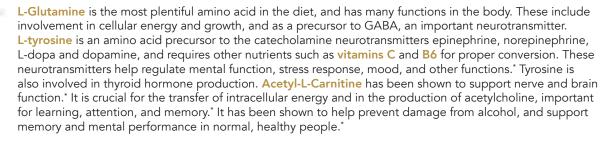
Suggested Use: As a dietary supplement, 1 tablet two times daily with meals, or as directed by a healthcare practitioner.

Warning: Discontinue use if you experience muscle tension, cramps or headache.



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to augment kinase, the protein involved in the synthesis of new neurons.*







Choline can serve as a precursor to the neurotransmitter acetylcholine, and is known to support memory and cognitive function.* Inositol has long been studied and used clinically to nutritionally support mental function.* Phosphatidylcholine and phosphotidylserine are phospholipids, key components of cell membranes. Phosphatidylcholine is needed for normal brain development of the fetus, and is a precursor to acetylcholine.* Quercetin has been shown to support the integrity of mast cells, reduce the production of prostaglandins and leukotrines, and play a role in normal capillary permeability.* Cayenne pepper contains the active ingredient, capsaicin, which has been studied for its effects on circulation, metabolism and the nervous system.*



Many "usual" nutrients are also important to support brain function. For instance, thiamine (vitamin B1) and riboflavin (vitamin B2), both partially supplied in their "predigested" co-factor forms, have been shown in studies to provide support for neurological function, and both nutrients assist in amino acid metabolism and enzyme production, critical to neurotransmitter production.* Abraham Hoffer demonstrated over 40 years ago that niacin (vitamin B3) plays important roles in brain function.* Zinc plays a crucial role in hundreds of biological enzymatic processes, and is well known in Europe for its beneficial effects on brain activity.* Besides the antioxidant function supplied by many of the above nutrients, BrainAid® also contains the antioxidants beta-carotene, vitamins B12, C and E, and trace minerals including selenium.

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