

# BrainAid

## 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\*



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

**L-Glutamine** is the most plentiful amino acid in the diet, and has many functions in the body. These include involvement in cellular energy and growth, and as a precursor to GABA, an important neurotransmitter.

**L-tyrosine** is an amino acid precursor to the catecholamine neurotransmitters epinephrine, norepinephrine, L-dopa and dopamine, and requires other nutrients such as **vitamins C** and **B6** for proper conversion. These neurotransmitters help regulate mental function, stress response, mood, and other functions.\* Tyrosine is also involved in thyroid hormone production. **Acetyl-L-Carnitine** has been shown to support nerve and brain function.\* It is crucial for the transfer of intracellular energy and in the production of acetylcholine, important for learning, attention, and memory.\* It has been shown to help prevent damage from alcohol, and support memory and mental performance in normal, healthy people.\*

**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 **phosphatidylserine** 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 leukotrienes, 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**.

## Supplement Facts

		Serving Size Serving Size Per Container	1 Tablet 60
Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Vitamin A (as 1000 IU of Beta-Carotene)	50.2 µgRAE 6%	Molybdenum (as Sodium Molybdate)	25 µg 56%
Vitamin C (as Ascorbic Acid)	5 mg 6%	Boron (as Boric Acid)	250 µg †
Vitamin E (as 5 IU of d-Alpha Tocopheryl Succinate)	3.4 mg 23%	Ginkgo (Leaves) Extract	15 mg †
Thiamine (as Thiamine Hydrochloride)	7.5 mg 625%	Bacopa (Aerial Part) Extract	50 mg †
Riboflavin (67% as Riboflavin and 33% as Riboflavin-5-Phosphate)	7.5 mg 577%	Eleuthero (Root) Extract	20 mg †
Niacin (86% as Niacinamide)	17.5 mgNE 109%	Asian Ginseng (Root) Extract	20 mg †
Vitamin B6 (75% as Pyridoxine Hydrochloride and 25% as Pyridoxal-5-Phosphate)	10 mg 588%	Gotu Kola (Aerial Part) Extract (10% Triterpenoids)	50 mg †
Folate (as 50 µg of 5-Methyltetrahydrofolate (from 93 µg [6S]-5-methyltetrahydrofolate, glucosamine salt))	83 µgDFE 21%	L-Glutamine	125 mg †
Vitamin B12 (as Hydroxycobalamin)	25 µg 1042%	L-Tyrosine	100 mg †
Biotin	50 µg 167%	N-Acetyl-L-Carnitine	25 mg †
Pantothenic Acid (as Calcium Pantothenate)	20 mg 400%	Choline (as Choline Bitartrate)	18.74 mg †
Zinc (as Zinc Citrate)	5 mg 45%	Inositol	25 mg †
Selenium (90% as Sodium Selenite and 10% as Selenomethionine)	25 µg 45%	Phosphatidylcholine (soy)	125 mg †
Copper (as Copper Bisglycinate)	0.5 mg 56%	Quercetin Dihydrate	25 mg †
Chromium (as Chromium Picolinate)	25 µg 71%	Cayenne Pepper (Fruit) Powder	50 mg †
		Essential Phospholipids (Phosphatidylserine 60% (sunflower))	50 mg †

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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