# BrainStorm®

*For Mental Focus*

Item # 72070
Available in bottles of 60 tablets

## The Possible Benefits of BrainStorm®, a Dietary Supplement

- Provides precursors for the formation of key neurotransmitters
- Enhances brain function and healthy emotional response
- Helps prevent oxidative degeneration of central neurons

## Description

BrainStorm® provides nutrients that can enhance brain function and memory, by supporting circulation, neurotransmitter production, neurological function, maintenance of nerve cell membrane integrity and cellular regeneration of brain tissue.

**Ginkgo** is an antioxidant that may help protect the body from damaging radiation, drugs, and other sources of free radicals. Extensive studies show that Ginkgo can increase circulation, which in the brain can enhance memory and mental function. Increased circulation also improves delivery of nutrients and removal of metabolic wastes. Studies have involved people with various forms of dementia, and other conditions. **Siberian Ginseng** is an adaptogenic herb known to help relieve fatigue, improve immune response, and increase energy and concentration. It is widely used as a tonic to improve resistance to stress, restore vigor, and improve the memory. **Korean Ginseng** is an adaptogenic, tonic and nervine herb, traditionally used to boost physical and mental vitality, speed up reaction time and improve abstract thinking. The active ingredients in Ginseng, called Ginsenosides, are known to stimulate the nervous system and the immune system, thin the blood, and reduce blood sugar levels. **Gotu Kola** has traditionally been used in India and Indonesia for enhancement of sexual energy and function, and to promote wound healing. It has been shown to support circulation, improve soft tissue inflammation and venous insufficiency, and to be mildly sedating. Gotu kola is not related to kola nut and does not contain caffeine.

**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, a calming 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, satiety and sex drive. Tyrosine also supports proper thyroid hormone levels. Tyrosine has a history of research and use as nutritional support for mood disorders. As a support for the production of epinephrine, the neurotransmitter involved in stress response, tyrosine has been shown to help reduce some effects of stress, including short term memory loss and depression. **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 can upregulate nerve growth factor, and has been shown to prevent damage from alcohol, improve mood and quality of life in the elderly, as well as improve memory and mental performance in normal, healthy people.

**Choline** is known to help improve memory and cognitive function, and has been found to be supportive when addressing neurological conditions. It can serve as a precursor to the neurotransmitter acetylcholine. **Inositol** has long been studied and used clinically to nutritionally support those with mental conditions, including depression, panic attacks, obsessive compulsive disorder, and neurological disorders associated with diabetes. **DMAE** can increase choline and acetylcholine levels, and has undergone much study. **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. Phosphotidylserine has been shown to preserve and improve mental function and mood in the elderly.

**Quercetin** is an antioxidant bioflavonoid that can help control inflammatory responses, modulate the immune system, and increase the strength and regulate the permeability of capillaries. **Cayenne pepper** contains the active ingredient, capsaicin, which is known to relieve pain and control inflammation. It has been studied for its effects on circulation, metabolism and the nervous system.

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Many "usual" nutrients are also important to support brain function. For instance, **thiamin** has been shown in studies to be deficient in most psychiatric patients. It also has been shown to provide support for many neurological conditions. **Riboflavin** deficiency may be linked to migraines and depression. Both nutrients assist in amino acid metabolism and enzyme production, critical to neurotransmitter production. Abraham Hoffer demonstrated over 40 years ago that **niacin** may improve the symptoms of schizophrenia. **Zinc** plays a crucial role in hundreds of biological enzymatic processes. Zinc helps control the permeability of the blood-brain barrier and is well known in Europe for its beneficial effects on brain activity. Besides the antioxidant function supplied by many of the nutrients mentioned above, BrainStorm® also contains the antioxidants **beta carotene**, **vitamins B12, C** and **E**, and trace minerals including **selenium**.

**Each tablet contains:**

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| Vitamin A (as Beta-Carotene) | 1,000 IU |
| Vitamin C (as Ascorbic Acid) | 5 mg |
| Vitamin E (as D-alpha- Tocopheryl Acid Succinate) | 5 IU |
| Thiamin (67% as Thiamin Hydrochloride and 33% as TTFD) | 7.5 mg |
| Riboflavin (67% as Riboflavin Hydrochloride and 33% as Riboflavin-5-Phosphate) | 7.5 mg |
| Niacin (86% as Niacinamide) | 17.5 mg |
| Vitamin B6 (75% as Pyridoxine Hydrochloride and 25% as Pyridoxal-5-Phosphate) | 10 mg |
| Folic Acid | 50 mcg |
| Vitamin B12 (as Dibencoside) | 25 mcg |
| Biotin | 50 mcg |
| Pantothenic Acid (as Calcium Pantothenate) | 20 mg |
| Zinc (as Zinc Citrate) | 5 mg |
| Selenium (90% as Sodium Selenite and 10% as Selenomethionine) | 25 mcg |
| Copper (as Copper Sebacate) | 0.5 mg |
| Chromium (as Chromium Nicotinate) | 25 mcg |
| Molybdenum (as Sodium Molybdate) | 25 mcg |
| Boron (as Boron Citrate) | 250 mcg |
| Ginkgo biloba extract | 15 mg |
| Siberian Ginseng extract | 20 mg |
| Korean Ginseng extract | 20 mg |
| Gotu Kola extract | 50 mg |
| L-Glutamine | 125 mg |
| L-Tyrosine | 100 mg |
| Acetyl-L-Carnitine | 25 mg |
| Choline Bitartrate | 40 mg |
| Inositol | 25 mg |
| DMAE (Dimethylaminoethanol) | 40 mg |
| Phosphatidylcholine | 50 mg |
| Phosphatidylserine | 10 mg |
| Quercetin | 25 mg |
| Cayenne pepper | 25 mg |

**Other ingredients:** Dicalcium phosphate, cellulose, magnesium stearate, silicon dioxide, stearic acid.

**Suggested Use:** As a dietary supplement, 1 or 2 tablets daily with meals, or as directed by a healthcare practitioner.

**References available upon request.**

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