

# Brain Regain™



## Discussion and Clinical Support

For centuries, Eastern civilizations have relied on Huperzine, a naturally occurring alkaloid found in the extracts of club moss, *Huperzia serrata*, as a broadly useful herbal health aid. It was only recently discovered however, that this moss extract has the ability to slow the breakdown of acetylcholine - a brain neurotransmitter that plays a substantial role in cognitive clarity and memory function. By combining Huperzine with a proprietary blend of other natural substances that help protect neuronal tissue and improve blood flow, Protocol For Life Balance™ Brain Regain™ may be advantageous for supporting healthy cognitive performance. Studies indicate that Huperzine's benefits are a result of its ability to support healthy cell-to cell-communication and improved blood flow, both of which contribute to enhanced memory function.

### Preserves Acetylcholine

Huperzine A is an alkaloid first isolated from *Huperzia serrata* (Thumb) Trev by the Zhejiang Academy of Medical Sciences and Shanghai Institute of Materia Medica, Chinese Academy of Sciences. It is found in an extract from a club moss that has been used for centuries in Chinese folk medicine. Huperzine is an extremely potent acetylcholine-esterase inhibitor useful for preserving brain levels of the neurotransmitter acetylcholine (1 - 3).

### Enhances Cognitive Clarity & Memory, Improves Blood Flow

The various ingredients have been shown to modulate cognitive clarity and memory

function (1 - 10). Ginkgo and *C. asiatica* in this formula support brain function by activating cerebral circulation and reducing oxidative stress (6, 10). Mixtures of nutrients including L-glutamine have been tested for improving cognition and memory (8).

#### Supplement Facts

Serving Size: 1 Vcap® Amount Per Container: 90	Amount Per Serving	% Daily Value
Ginkgo Biloba Ext. (min. 24% Flavonoides and min. 6% Ginkgolides)	50 mg	*
RoseChi® (Standardized Rosemary Leaf Extract) (min. 6% Camosic Acid)	25 mg	*
Phosphatidyl Serine (LPC-PS®)	15 mg	*
Huperzine A (Huperzia serrata) (Moss)	25 mcg	*
L-Glutamine (Free-Form)	125 mg	*
Gotu Kola 4:1 extract (Centella asiatica) (4:1 Extract) (Leaf)	125 mg	*
Choline (from Choline Bitartrate)	50 mg	*

\* Percent Daily Values are based on 2,000 calorie diet.  
\* Daily Value not established.

### Protects Neural Tissues

Ginkgo and other components protect against oxidative stress. The combination of ginkgo biloba and phosphatidylserine has been tested in humans and found to support elements of memory and calmness (7). Phosphatidylserine (PS) has an affinity for the proteins found within the cellular membrane matrix. Evidence confirms that the compound plays a special role in facilitating cell signalling functions. PS in animal studies has shown an ability to induce the production of a number of neurotransmitters and/or to prevent their age-related decline. These studies help to explain the observed clinical benefits. For instance, PS stimulates acetylcholine output and the synthesis and release of dopamine. Of special interest, tests of the electrical signal strength associated with memory function indicated that PS reversed the loss of signal which marks memory decline (11). In general, PS facilitates the activity of neurotransmitters involved in learning, memory and mood.

## BENEFITS

**SLOWS THE BREAKDOWN OF ACETYLCHOLINE  
MODULATES COGNITIVE CLARITY AND MEMORY FUNCTION  
PROTECTS NEURAL TISSUE  
IMPROVES BLOOD FLOW**

## SUGGESTED USAGE

As a dietary supplement, take 1 Vcap® 1 to 2 times daily. Do not exceed dosage without advice of a practitioner.

## CAUTIONS /INTERACTIONS

Huperzine A should be avoided by children, pregnant women and nursing mothers. There are possible adverse effects in those with seizure disorders, cardiac arrhythmias, asthma, irritable bowel disease and inflammatory bowel disease. This product should not be used by those taking prescription medications, especially blood-thinning or cholinergic medications, or who have a history of heart or pulmonary problems without the advice of a physician.

## REFERENCES

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