NutriDyn®

Brain Restore♦

Nutritional Support for Cognitive Function♦

NutriDyn's Brain Restore is a comprehensive formula that contains bioactive forms of key B vitamins, L-carnitine, choline, uridine, and serine for supporting cerebral and nervous system function.♦ Due to their role in supporting neurotransmitter production, these nutrients help support cognition, focus, and mood.♦

How Brain Restore Works

Brain Restore contains key B vitamins, including niacin, pyridoxine, folate, and vitamin B12 (cobalamin), which assist in the production of neurotransmitters.♦ Longitudinal studies suggest that deficiencies in several of the B vitamins accelerate brain tissue atrophy and cognitive decline.[1,2]

For example, chronic deficiency of vitamin B12 can lead to serious, irreversible health consequences such as damage to the brain and nervous system and/or pernicious anemia (lack of red blood cell production).[3] This is not surprising, given that vitamin B12 is needed for the body to convert homocysteine to methionine. Methionine is necessary for the formation of S-adenosylmethionine (SAMe), which is involved in the synthesis of catecholamines and various neurotransmitters.[4]

Recent research suggests that supplemental folic acid and vitamin B12 work synergistically to support cognition, energy production, and neural tissue.♦[5,6] Pyridoxine is also important for cognition as it is necessary for the conversion of L-DOPA to dopamine, as well as the conversion of glutamate to GABA, and proper metabolism of L-tryptophan.♦

Furthermore, niacin stimulates the production of a protein/growth factor in humans called brain-derived neurotrophic factor (BDNF). BDNF acts on neurons throughout the nervous system to encourage growth and replication, which is crucial for supporting long-term memory, learning, and overall cognition.♦[7]

Brain Restore also contains acetyl-L-carnitine (ALCAR), a highly-bioavailable form of L-carnitine. ALCAR can cross the blood-brain barrier, where it helps to manage oxidative damage, support mitochondrial function, and maintain normal neurotransmitter activity.♦[8]

Rounding out the Brain Restore formula are Alpha-glycerolphosphorylcholine (Alpha-GPC), phosphatidyl serine, and uridine monophosphate (UMP). These phosphorylated compounds are readily absorbed by the body and support production of neurotransmitters such as acetylcholine and dopamine.♦ Studies suggest these nutrients work synergistically to support cognition and learning capacity.♦[9,10]

Brain Restore Supplementation

Research cited herein suggests the nutrients contained in Brain Restore may support cerebral and nervous system function in a variety of ways.♦ Moreover, these nutrients work in concert for proper DNA maintenance, energy production, amino acid metabolism, and a variety of other processes.♦

- Supports cognitive function and healthy mood♦
- Supports and maintains DNA♦
- Supports blood and oxygen flow to the brain♦
- Supports neurotransmitter production and neural tissue♦
- Helps metabolize amino acids♦

Form: 210 Capsules

Serving Size: 7 Capsules

Ingredients	Amount	%DV
Niacin (as niacinamide)	100 mg NE	625%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,470%
Folate (as calcium L-5-methyltetra-hydrofolate) (BioFolate®)	1.7 mg DFE	425%
Vitamin B12 (as methylcobalamin)	2 mg	83,333%
Acetyl-L-Carnitine HCl	750 mg	**
Alpha-glycerolphosphorylcholine (A-GPC)	600 mg	**
Uridine 5-Monophosphate	500 mg	**
Phosphatidyl Serine	150 mg	**

Other Ingredients:

Hypromellose, sodium copper chlorophyllin, microcrystalline cellulose, tricalcium phosphate, vegetable magnesium stearate, silica.

BioFolate® is a federally registered trademark of MTC Industries, Inc.

Directions:

Take seven capsules daily as a dietary supplement, or as directed by your healthcare practitioner.

***Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use.*
Keep out of reach of children.

GLUTEN-FREE · DAIRY-FREE · VEGETARIAN · NON-GMO · PRODUCED IN A cGMP FACILITY

♦ 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.

References

For more information, visit: ***www.nutridyn.com***

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