# **Brain**·Matrix

Highly standardized herbal extracts and active nutrients for improved cognitive function and memory in your aging population.

Dairy Free

GMO Free Gluten Free

- Contains a comprehensive blend of ingredients designed to support cognition and memory
- Phosphatidylserine, bacopa and alpha-GPC are included to upregulate acetylcholine production and improve cognitive markers such as memory, attention, mood and reaction time
- Alpha-Lipoic Acid is able to cross the bloodbrain-barrier and protect the brain from oxidative damage
- Ginkgo is added to improve blood flow to the brain
- Vitamin B6, B12 and folate are provided for nervous system support and homocysteine reduction

Brain Matrix is a comprehensive blend of ingredients designed to support cognition and memory with aging. With the growing average life expectancy, a focus on cognitive health has never been more imperative.

Brain-Matrix includes herbs and nutrients that upregulate brain levels of acetylcholine, the

neurotransmitter necessary for proper memory and learning. For example, bacopa monnieri has not only been found capable of increasing acetylcholine levels but also to improve working memory, reaction times, verbal recall and comprehension speed. At the same time, alphaglycerophosphorocholine (also known as Alpha-GPC) is included in the formula to provide a highlyabsorbed form of choline to be used as a building block for neurotransmitter production.

120 softgels / gélules NPN 80123948

As many people are aware, the human brain is primarily made up of fat tissue and it requires various phospholipids to function. As such, Brain Matrix includes phosphatidylserine, a fat-soluble compound necessary for communication between brain cells, known as neurons. Clinical research has demonstrated that phosphatidylserine can enhance not only acetylcholine release, but also serotonin, dopamine and norepinephrine. Phosphatidylserine has shown to improve learning and recall in those with age-associated memory impairment.

Ginkgo biloba is included in Brain-Matrix to improve blood flow to the brain, allowing for better delivery of fuel (such as glucose and oxygen) and elimination of waste. In essence, ginkgo improves energy



delivery and protection to the brain. Alpha-lipoic acid (ALA) in the formulation acts a powerful anti-oxidant to also protect the brain from the damaging effects of free radicals and heavy metals.

Finally, Brain Matrix delivers vitamin B6, B12 and folate for nervous system support and the reduction of homocysteine, a known neurotoxin. Available in softgel delivery form for optimal absorption, it is clear to see that Brain.Matrix collectively supports healthy cognition through many different mechanisms.

## Each softgel contains

Phosphatidylserine-enriched soy lecithin	125 mg
(seed, Glycine max) standardized to 20% phosphatidylserine	
DL-Alpha Lipoic Acid	100 mg
Ginkgo biloba extract	40 mg
(leaf, <i>Ginkgo biloba</i> ) 50:1 extract equivalent to 2000 mg dried leaf, standardized to 24% flavonoid glycosides, 6% terpene lactones	
Bacopa extract	37.5 mg
(herb top, <i>Bacopa monnier</i> ) standardized to 55% bacosides A & B	
L-alpha-glycerophosphorylcholine (choline alfoscerate)	25 mg
Vitamin B6	6.25 mg
(pyridoxal-5-phosphate)	
Vitamin B12	250 mcg
(methylcobalamin)	
Folate	200 mcg
(L-5-methyltetrahydrofolate)	

## **Non-Medicinal Ingredients**

Beeswax, caramel, medium chain triglycerides, gelatin, glycerin, lecithin (soy), purified water, silicon dioxide.

#### **Recommended Use Claim**

Helps to enhance memory in adults. Helps to support cognitive function.

#### **Directions of Use**

Adults (18 years and older) - Take 2 softgels, 2 times per day. Consult a healthcare professional for use beyond 6 weeks.

## **Cautions and Warnings**

Allergen: Soy.

Do not use if you are taking health products that affect blood coagulation as this may increase the risk of spontaneous bleeding.

Consult a healthcare professional prior to use if • you are pregnant • you are breastfeeding • you have diabetes. Consult a healthcare professional prior to use if you are taking any medications for diabetes • high blood pressure • seizures.

Discontinue use and consult a healthcare professional if you experience sweating • paleness • chills • headache • dizziness • confusion - these may be symptoms of serious low blood sugar.

May cause digestive problems.

Keep out of reach of children.

## **Storage Conditions**

Do not use if safety seal is broken.

