



Product Information

Brain Memory

DESCRIPTION

Brain Memory, available from Medical Wellness Associates, is a synergistic combination of nutrients, specially designed to help produce the acetylcholine needed to help keep the mind stay sharp.

FUNCTIONS

Membranes are the working surfaces of every cell, carrying out the essential functions of cellular communication and hormonal signal transduction. Nerve cells, in particular, depend on healthy membrane function for normal neurotransmitter metabolism and nerve signal transmission. Ginkgo biloba supports the flow of blood and oxygen through capillaries to the brain.

An extract of the Chinese club moss, *Huperzia serrata*, huperzine A has been used in Chinese medicine for centuries. It is an effective inhibitor of acetylcholinesterase, the enzyme that degrades acetylcholine, the neurotransmitter important for normal memory and learning function. Huperzine A may help maintain cognitive function that has been degraded by a reduction in the brain's functional levels of the neurotransmitter acetylcholine. Acetyl-L-carnitine contributes its acetyl group to the production of acetylcholine, the primary neurotransmitter for memory and thought. The enzyme that makes acetylcholine from acetyl groups and choline is choline acetyl transferase. The activity of this important enzyme has a tendency to decline with age, causing low acetylcholine levels which in turn are thought to contribute to the impairment of brain function that is associated with aging. Research has also found that acetyl-L-carnitine is active in optimizing the functioning of cerebral blood flow, as well as of nerve cell membranes.

INDICATIONS

Brain Memory may be a useful dietary supplement for individuals wishing to support neurological functioning and acetylcholine production.

FORMULA (#99580)

1 Vegetarian Capsule Contains:
Huperzia serrata extract..... 5 mg
(entire plant, standardized to 1% Huperzine A)
GPC Choline 100 mg
(Providing 50 mg of Glyceryl-phosphorylcholine)
Ginkgo Biloba (leaf) 25 mg
(standardized to 24% Ginkgo Flavone Glycosides)
Acetyl-L-Carnitine 100 mg

SUGGESTED USE

Adults take 2 capsules daily with meals or as directed by healthcare professional.

SIDE EFFECTS

No adverse side effects reported.
Store in a cool, dry place, away from direct light.
Keep out of reach of children.

REFERENCES

Brooks JO, 3rd, Yesavage JA, Carta A, Bravi D. Acetyl L-carnitine slows decline in younger patients with Alzheimer's disease: a reanalysis of a double-blind, placebo-controlled study using the trilinear approach. *Int Psychogeriatr* 1998;10:193-203.
Cheng DH, Tang XC. Comparative studies of huperzine A, E2020, and tacrine on behavior and cholinesterase activities. *Pharmacol Biochem Behav* 1998;60:377-86. Ved HS, Koenig ML, Dave JR, Doctor BP. Huperzine A, a potential therapeutic agent for dementia, reduces neuronal cell death caused by glutamate. *Neuroreport* 1997;8:963-8.
Wang H, Tang XC. Anticholinesterase effects of huperzine A, E2020, and tacrine in rats. *Chung Kuo Yao Li Hsueh Pao* 1998;19:27-30.
Ladd SL, Sommer SA, LaBerge S, Toscano W. Effect of phosphatidylcholine on explicit memory. *Clin Neuropharmacol* 1993;16(6):540-9

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**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.**

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