

# BrainWave Plus®

*Potent Brain Enhancement*

*(Hypoallergenic)*



Item #71910  
60 Vegetarian Capsules

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## The Possible Benefits of BrainWave Plus®, a Dietary Supplement

- Provides precursors for the formation of key neurotransmitters
- Supports healthy circulation and antioxidant activity in the brain
- Helps maintain nerve cell membrane integrity

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## Description

BrainWave Plus® is a balanced formula of "smart nutrients" designed to enhance mental function, based on current research of the underlying mechanisms of neuro-cognitive nutritional support. BrainWave Plus® contains nutrients which support blood circulation, neurotransmitter production and activity, neurological function and maintenance of nerve cell membrane integrity, which in turn support mental alertness, healthy mood, learning and memory.

**Acetyl-L-Carnitine** plays a key role in the transfer of intracellular energy and in the production of acetylcholine, which is crucial for learning, attention, and memory. **L-Glutamine** is the most plentiful amino acid in the diet, and has many functions in the body, including involvement in cellular energy and growth, and as a precursor to GABA, a calming neurotransmitter. **Choline** can serve as a precursor to the neurotransmitter acetylcholine. Choline is known to support memory and cognitive function. **Phosphatidylcholine** and **phosphotidylserine** are phospholipids, key components of cell membranes for maintaining fluidity and integrity, and both play a role in brain function. **Ginkgo** is an antioxidant that helps to protect the body from damaging free radicals. Studies show that ginkgo supports circulation, which in the brain can enhance mental function and memory. Proper circulation is also important for the delivery of nutrients and removal of metabolic wastes.

**Eleuthero** is an adaptogenic herb known to help improve immune response and increase energy and concentration. It is widely used as a tonic to improve resistance to stress, restore vigour, and improve the memory. **Panax ginseng** is an

adaptogenic, tonic and nervine herb, traditionally used to boost physical and mental vitality, speed up reaction time and improve abstract thinking. Ginsenosides, the active ingredients in ginseng, are known to stimulate the nervous system and the immune system. **Ashwaganda**, also known as winter cherry, is a primary herb in Ayurvedic medicine. It has traditionally been used for mental and physical stress and fatigue, to enhance learning and as a general tonic. Research indicates that it has antioxidant, immune modulating and thyroid supporting properties.

**Gotu Kola** has traditionally been used in India and Indonesia for enhancement of sexual energy, and to support wound healing. It has been shown to support circulation, and to be mildly sedating. Gotu kola is not related to kola nut and does not contain caffeine. **Royal Jelly** is a white gelatinous bee secretion that transforms a worker bee into the queen bee, stimulating her growth and development and significantly extending her lifespan. It contains proteins, saccharides, medium-chain fatty acids, pantothenic acid and other vitamins, minerals and phytosterols. It also contains neopterin and royalsin, substances shown to have immune properties.

**Bacopa monniera** (*Baco Pin*) is an Ayurvedic herb used in India for 3,000 years to support memory capacity, and enhance intellectual and cognitive functions. It contains alkaloids called bacosides which have been shown to support the repair of damaged neurons by augmenting kinase, the protein involved in the synthesis of new neurons. **Vinpocetine**, an extract of Periwinkle, supports circulation in the brain and the production of ATP by brain cells. Studies

have shown it to help protect brain cells. **CDP-Choline** can cross the blood-brain barrier, where it enhances energy metabolism, and supports production of trimethylglycine, acetylcholine and phosphatidylcholine. CDP-Choline has been shown to enhance cell membrane formation and repair, restore intracellular enzyme function, and limit nerve damage.

**Huperzine A** is a plant alkaloid derived from the Chinese herb Chien Tseng Ta (*Huperzia seratta*), that has been shown to inhibit acetylcholinesterase, an enzyme that catalyzes

acetylcholine breakdown. By preventing the degradation of endogenous acetylcholine, it can support the conservation of acetylcholine in the brain. Huperzine A also supports norepinephrine and dopamine levels in the brain. **Thymus** glandular has been shown to support immune response in the human body. The thymus gland is responsible for the maturation of T lymphocytes (T-cells). It also produces the hormones thymosin, thymopoeitin, and serum thymic factor. **DMAE** can increase choline and acetylcholine levels, and has undergone much study involving brain function.

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Serving Size: 5 Capsules  
Servings Per Container: 24

**Amount Per Serving:**

Acetyl-L-Carnitine	500 mg
L-Glutamine	400 mg
Choline Bitartrate	200 mg
Phosphatidylserine	150 mg
Ginkgo ( <i>Ginkgo biloba</i> ) Extract (standardized to 24% Ginkgo Flavonglycosides and 6% Terpene Lactones)	120 mg
Eleuthero ( <i>Eleutherococcus senticosus</i> ) Extract (15:1)	100 mg
<i>Panax Ginseng</i> extract (standardized to 7% Ginsenosides)	100 mg
Ashwaganda Extract	100 mg
Gotu Kola powdered	100 mg
Royal Jelly	100 mg
<i>Bacopa monniera</i> Extract (standardized to 30% Bacosides)	500 mg
Vinpocetine	10 mg
CDP-Choline	250 mg
Huperzine A ( <i>Huperzia seratta</i> )	100 µg
Thymus	100 mg
DMAE (Dimethylaminoethanol)	100 mg

Other ingredients: Hydroxypropyl methylcellulose, cellulose, magnesium stearate, silicon dioxide.

**Suggested Use:** As a dietary supplement, 1 to 5 capsules one to three times daily with meals, or as directed by a healthcare practitioner.

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