

Steady On

Neurological Nutrient Support



Item # 73580 (300 grams)

Item # 73810 (900 grams)

300 or 900 grams of powder

The Possible Benefits of Steady On, a powdered food supplement

- Provides precursors for the formation of healthy neurotransmitters
- Provides nutrients that potentially support healthy oxygenation of the blood and brain
- Provides antioxidants to help support central neurons
- Provides complete and overall nutritional support for the body and brain

Description

Steady On is a comprehensive nutritional formulation with high levels of antioxidants and neurotransmitters for optimal neurological support. More than 50 high quality ingredients provide a multifunctional, synergistically complete formula with direct nutrient delivery. This proprietary blend is available at a fraction of the cost of all of these nutrients taken separately, and is provided in easy-to-use and convenient powder form.

L-tyrosine and L-phenylalanine are amino acid precursors to the catecholamine neurotransmitters epinephrine, norepinephrine, L-dopa and dopamine, and require other nutrients such as vitamins C and B6 for proper conversion. These neurotransmitters help regulate healthy mental function, stress response, mood, satiety and sex drive. Tyrosine also supports normal thyroid hormone levels. Lecithin provides precursors to important neural nutrients, choline and inositol. Both have been studied and used clinically to nutritionally support brain function.

N-Acetyl-L-Cysteine (ALC) is crucial for the production and release of the neurotransmitter acetylcholine. Glutathione is an important antioxidant nutrient whose production is supported by ALC, as well as directly supplied. Alpha-lipoic acid (ALA) is a unique antioxidant that has been found to hold promise in supporting healthy nerve function. ALC and ALA used together have recently been shown to significantly support brain function in aging rats.

Flax Seed Oil is a source of omega-3 fatty acids, primary structural components in cell membranes. Steady On also directly provides the omega-3 fatty acids, eicosapentaenoic acid

(EPA), and docosahexaenoic acid (DHA). These have been studied for their ability to help support brain function. DHA is also essential for proper growth and development of the brain, nervous system and the retina of the eye. Coenzyme Q10 supports energy production in the cells of the body, and is an important antioxidant. Taurine is concentrated in the eyes, brain and heart, and plays a key role in the nervous system of the body. L-methionine is involved in histamine levels, which play a role in the dilation of blood vessels and brain function.

Many “usual” nutrients are also important to support neurological health. For instance, Abram Hoffer demonstrated over 40 years ago that niacin can play a role in healthy brain function, and other B-vitamins are also important for normal brain activity. Besides supporting energy production, bone health, and cardiovascular health, magnesium plays a key role in the activity of enzymes that transmit nerve impulses, by activating sodium potassium ATPase, which transfers sodium and potassium across neural membranes and results in electrical nerve activity. It also regulates the activity of NMDA glutamate receptors, and thus glutamate nerve activity, which is important for attentiveness.

Besides the antioxidant function supplied by many of the nutrients mentioned above, Steady On also contains the antioxidants beta-carotene, vitamins C and E, zinc, selenium, lutein and lycopene. The oligomeric proanthocyanidins found in grape seed extract are noted for their ability to cross the blood-brain barrier, further protecting the integrity of neural tissue.

Finally, supplementation can support patterns of healthy appetite, which tend to further enhance nutritional status. By addressing many

nutritional avenues, Steady On may support neurotransmitter balance and optimal cognitive function.

Serving Size: 1 scoop (20 g)

Servings Per Container: 15 (#73580) and 45 (#73810)

Amount Per Serving:

Calories	50	L-Alanine	35 mg
Calories from Fat	30	L-Arginine	110 mg
Total Fat	3 g	L-Aspartic Acid	95 mg
Saturated Fat	0.4 g	L-Carnitine	110 mg
Cholesterol	8 mg	L-Cystine	11 mg
Total Carbohydrates	4 g	L-Glutamine	67 mg
Dietary Fibre	1.5 g	Glycine	67 mg
Sugars	1.5 g	L-Histidine	22 mg
Protein	1 g	L-Isoleucine	45 mg
Vitamin A (as Beta-Carotene)	1680 IU	L-Lysine	50 mg
Vitamin C (as Ascorbic Acid)	440 mg	L-Methionine	180 mg
Vitamin D3 (as Cholecalciferol)	130 IU	L-Ornithine Hydrochloride	220 mg
Vitamin E (as Mixed Tocopherols)	360 IU	L-Phenylalanine	440 mg
Vitamin K1 (as Phytomenadione)	45 µg	L-Proline	45 mg
Thiamine (as Thiamine Hydrochloride)	22 mg	L-Serine	42 mg
Riboflavin (Vitamin B2)	22 mg	Taurine	670 mg
Niacin (as Inositol Hexanicotinate)	180 mg	L-Threonine	45 mg
Vitamin B6 (as Pyridoxine Hydrochloride)	22 mg	L-Tyrosine	440 mg
Folic Acid	350 µg	N-Acetyl-L-Cysteine	440 mg
Vitamin B12 (as Cyanocobalamin)	22 µg	Glutathione	110 mg
Biotin	130 µg	Pancreatin	13 mg
Pantothenic Acid	110 mg	Papain	22 mg
Calcium (as Calcium Citrate/Gluconate)	310 mg	Bromelain	22 mg
Magnesium (as Magnesium Citrate/Gluconate)	130 mg	Grape Seed Extract	220 mg
Zinc (as Zinc Arginate)	13 mg	Garlic (1% Allicin)	45 mg
Selenium (as Sodium Selenite/Selenomethione)	90 µg	Lutein	1.8 mg
Copper (as Copper Bisglycinate)	0.9 mg	Lycopene	1.3 mg
Chromium (as Chromium Picolinate)	180 µg	Palmitic Acid	130 mg
Potassium (as Potassium Gluconate)	45 mg	Stearic Acid	40 mg
Beta-Carotene	7 mg	Flax Seed Oil	440 mg
Coenzyme Q10	67 mg	Lipoic Acid	45 mg
Inositol	22 mg	MSM (Methylsulfonylmethane)	45 mg
Choline	22 mg	Eicosapentaenoic Acid	160 mg
Soy Lecithin (26% Phosphatidylcholine)	1440 mg	Docosahexaenoic Acid	110 mg

Other ingredients: Oat bran, rice bran, psyllium bran, apple fibre, natural lemon oil and natural lime oil flavouring, sorbitol, silicon dioxide.

Suggested Use: As a food supplement, 1 level scoop one or two times daily, mixed with desired liquid, or as directed by a healthcare practitioner.