



# Brain Support

Nutritional Support for  
Neurologic Function

The newly updated Brain Support provides comprehensive support for neurological health and cognitive function. It uses clinically proven and patented bioactive plant extract ingredients that provide potent sources of gallates, curcuminoids, and proanthocyanidins to support the brain and central nervous system.

## How Brain Support Works

The updated Brain Support formula still includes epigallocatechin gallate (EGCG), or green tea extract, known for its benefits in promoting brain health. EGCG is rich in catechins and promotes healthy stress response by supporting healthy blood vessels and promoting blood flow to the brain. Human clinical studies demonstrate how EGCG may support a healthy brain.

A new turmeric extract formulation is used in the updated Brain Support as BCM-95 Curcugreen for its enhanced bioavailability and bio-efficacy from 100 percent pure extract. Clinical studies have demonstrated BCM-95 Curcugreen's ability to promote cognitive function. The studies reveal how the increased bioavailability produces higher levels of curcuminoids, promoting healthy inflammatory markers more than other forms of turmeric extract. This healthy stress response promotes healthy cognitive function.

The updated Brain Support formula contains Sibelius™: Sage, a clinically validated dried sage extract designed to promote cognitive function. Sage has long been used for its ability to support cognition by promoting the formation of primary, secondary, and working memories. Sibelius™: Sage supports neurological health and cognitive function by promoting healthy levels of neurotransmitters throughout the central nervous system.

Other additions to the new formula include resveratrol and Chinese skullcap extract. Resveratrol is a potent antioxidant with clinical studies showing how it promotes healthy cognitive function by supporting and promoting a healthy brain. Clinical studies show that the bioactive compounds in Chinese skullcap extract also provide powerful antioxidant properties by neutralizing free radicals that may be detrimental to the brain.

## Brain Support Supplementation

The ingredients in Brain Support are congruous with what research suggests to be effective and safe, particularly for supporting neurological health and promoting cognitive function.

Clinical evidence and research cited herein shows that the ingredients in Brain Support may:

- Support neurological health
- Promote cognitive function
- Support powerful antioxidant actions
- Support healthy blood and oxygen flow to the brain



Form: 120 Capsules

Serving Size: 4 Capsules

Ingredients	Amount	%DV
Turmeric Extract (rhizome; <i>Curcuma longa</i> ) (BCM-95® CURCUGREEN®)	500 mg	*
Resveratrol (root; <i>Polygonum cuspidatum</i> )	500 mg	*
Chinese Skullcap Extract (root; <i>Scutellaria baicalensis</i> )	450 mg	*
EGCG (epigallocatechin-3-gallate) (from green tea extract; leaf; <i>Camellia sinensis</i> )	400 mg	*
Sage Extract (leaf; <i>Salvia officinalis</i> ) (SIBELIUS™: sage)	333 mg	*

### Other Ingredients:

Hypromellose, vegetable magnesium stearate, silica. BCM-95® is a registered exclusive licensed trademark to Arjuna Natural Pvt. Ltd. Curcugreen® is a registered trademark of Arjuna Natural LLC. SIBELIUS™ is a trademark of Sibelius Limited and used under license.

### Directions:

Adults take four 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:

1. Kim HS et al. *Redox Biol.* 2014;2:187-95.
2. Pandey KB et al. *Oxid Med Cell Longev.* 2009;2(5):270-278.
3. Kakuda T. *Bio Pharm Bull.* 2002;25(12):1513-1518.
4. Ohishi T et al. *Antiinflamm Antiallergy Agents Med Chem.* 2016;15(2):74-90.
5. Pervin M et al. *Molecules.* 2018;23(6):E1297.
6. Antony et al. *Indian J. Pharm. Sci.* 2008;70(4):445-449.
7. Sishu et al. *J Funct Foods.* 2010;2(1):60-65.
8. Baum et al. *J Psychopharmacol.* 2008;28(1):110-114.
9. Vinaykumar et al. *Pharmacogn J.* 2016;8(4):380-384.
10. Lopresti AL et al. *J Affect Disord.* 2017;207:188-196.
11. Kennedy DO et al. *Neuropsychopharmacol.* 2006;31:845-852.
12. Scholey et al. *Psychopharmacol.* 2008;198(1):127-139.
13. Hasselmo ME. *Curr Opin Neurobiol.* 2006;16(6):710-715.
14. Braidy N et al. *Curr Top Med Chem.* 2016;16(17):1951-1960.
15. Moussa C et al. *J Neuroinflammation.* 2017;14(1):1.
16. Gambini J et al. *Oxid Med Cell Longev.* v2015;2015.
17. Gaire BP et al. *Chin J Integr Med.* 2014;20(9):712-720.
18. Shang Y et al. *Pharmacol Biochem Behav.* 2005;82(1):67-73.
19. Lohani M et al. *Nat Prod Commun.* 2013 Oct;8(10):1415-8.
20. Eiden M et al. *Front Psychiatry.* 2012;3:9.