



Brain Restore[•]

Cognition, Focus and Mood Support[•]

NutriDyn's Brain Restore is a comprehensive formula that contains bioactive forms of key B vitamins, L-carnitine, choline, uridine, and serine for supporting cerebral and nervous system function.[•] Due to their role in supporting neurotransmitter production, these nutrients help support cognition, focus, and mood.[•]

How Brain Restore Works

Brain Restore contains key B vitamins, including niacin, pyridoxine, folic acid, and vitamin B12 (cobalamin), which assist in production of neurotransmitters.[•] Longitudinal studies suggest that deficiencies in several of the B vitamins accelerates brain tissue atrophy and cognitive decline.

For example, chronic deficiency of vitamin B12 can lead to serious, irreversible health consequences such as damage to the brain and nervous system and/or pernicious anemia (lack of red blood cell production). This is not surprising given that vitamin B12 is needed for the body to convert homocysteine to methionine; methionine is necessary for the formation of S-adenosylmethionine (S-AdoMet), which is involved in the synthesis of catecholamines and various neurotransmitters.

Recent research suggests that supplemental folic acid and vitamin B12 work synergistically to support cognition, energy production, and neural tissue.[•] Pyridoxine is also important for cognition as it is necessary for conversion of L-DOPA to dopamine, as well as conversion of glutamate to GABA, and proper metabolism of L-tryptophan.[•]

Furthermore, niacin stimulates production of a protein/growth factor in humans called brain-derived neurotrophic factor (BDNF). BDNF acts on neurons throughout the nervous system to encourage growth and replication, which is crucial for supporting long-term memory, learning, and overall cognition.[•]

Brain Restore also contains acetyl-L-carnitine (ALCAR), a highly-bioavailable form of L-carnitine. ALCAR can cross the blood-brain barrier, where it helps to manage oxidative damage, support mitochondrial function, and maintain normal neurotransmitter activity.[•]

Rounding out the Brain Restore formula are alpha-glyceryl phosphoryl choline (alpha-GPC), phosphatidyl serine, and uridine monophosphate (UMP). These phosphorylated compounds are readily absorbed by the body and support production of neurotransmitters such as acetylcholine and dopamine.[•] Studies suggest these nutrients work synergistically to support cognition and learning capacity.[•]

Brain Restore Supplementation

Research cited herein suggests the nutrients contained in Brain Restore may support cerebral and nervous system function in a variety of ways.[•] Moreover, these nutrients work in concert for proper DNA maintenance, energy production, amino acid metabolism, and a variety of other processes.[•]

- Support cognitive function and healthy mood[•]
- Support and maintain DNA[•]
- Support blood and oxygen flow to the brain[•]
- Support neurotransmitter production and neural tissue[•]
- Help metabolize amino acids[•]



Form: 210 Capsules

Serving Size: 7 Capsules

Ingredients	Amount	%DV
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
Folate (as [6s]-5-methyltetrahydrofolic acid, glucosamine salt [†])	1 mg	250%
Vitamin B12 (as methylcobalamin)	2 mg	33,333%
Acetyl-L-Carnitine	750 mg	**
Alpha-Glyceryl Phosphoryl Choline (A-GPC)	600 mg	**
Uridine 5-Monophosphate	500 mg	**
Phosphatidyl Serine	150 mg	**

[†] as Quatrefolic[®] a registered trademark material of Gnosis SpA and is assigned Patent No. 7,947,662

Other Ingredients:

Gelatin (capsule), microcrystalline cellulose, tricalcium phosphate, magnesium stearate (vegetable source), and silicon dioxide.

Directions:

Take seven capsules daily (preferably with a meal) 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



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.

For more information, visit: www.nutridyn.com