

BrainStorm®

*For Mental Focus**



Item # 72070
Available in bottles of 60 tablets

The Possible Benefits of BrainStorm®, a Dietary Supplement

- Provides precursors for the formation of key neurotransmitters*
- Provides antioxidants that support cellular membrane integrity of central neurons*
- May enhance brain function and support healthy emotional response*

Description

BrainStorm® is designed to enhance brain function and support memory, by providing nutrients that variously support blood circulation, antioxidant activity, neurotransmitter production and neurological function.*

Ginkgo is an antioxidant that may help protect the body from free radical damage.* Extensive studies show that Ginkgo enhances circulation, which may support brain function.* Increased circulation also supports delivery of nutrients and removal of metabolic wastes. **Eleuthero** is an adaptogenic herb known to support immune response, energy and concentration.* It is widely used as a tonic to improve resistance to stress, restore vigor, and support memory.* **Asian ginseng** is an adaptogenic, tonic and nervine herb, traditionally used to boost physical and mental vitality, and speed up reaction time.* The active ingredients in ginseng, called ginsenosides, are known to stimulate the nervous system and the immune system, and support blood sugar within normal levels.* **Gotu kola** has traditionally been used in India and Indonesia for enhancement of energy.* 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. **Bacopa** is an Ayurvedic herb used for 3,000 years to support memory and enhance intellectual and cognitive functions.* It contains alkaloids called bacosides which have been shown to augment kinase, the protein involved in the synthesis of new neurons.*

L-Glutamine is the most plentiful amino acid in the diet, and has many functions in the body. These include involvement in cellular energy and

growth, and as a precursor to GABA, an important neurotransmitter. **L-tyrosine** is an amino acid precursor to the catecholamine neurotransmitters epinephrine, norepinephrine, L-dopa and dopamine, and requires other nutrients such as **vitamins C** and **B6** for proper conversion. These neurotransmitters help regulate mental function, stress response, mood, and other functions.* Tyrosine is also involved in thyroid hormone production. **Acetyl-L-Carnitine** has been shown to support nerve and brain function.* It is crucial for the transfer of intracellular energy and in the production of acetylcholine, important for learning, attention, and memory.* It has been shown to help prevent damage from alcohol, and support memory and mental performance in normal, healthy people.*

Choline can serve as a precursor to the neurotransmitter acetylcholine, and is known to support memory and cognitive function.* **Inositol** has long been studied and used clinically to nutritionally support mental function.* **DMAE** can increase choline and acetylcholine levels, and has undergone much study. **Phosphatidylcholine** and **phosphatidylserine** are phospholipids, key components of cell membranes. Phosphatidyl-choline is needed for normal brain development of the fetus, and is a precursor to acetylcholine.* **Quercetin** has been shown to support the integrity of mast cells, reduce the production of prosta-glandins and leukotrienes, and play a role in normal capillary permeability.* **Cayenne pepper** contains the active ingredient, capsaicin, which has been studied for its effects on circulation, metabolism and the nervous system.*

*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.

Many "usual" nutrients are also important to support brain function. For instance, **thiamine** (vitamin B1) and **riboflavin** (vitamin B2), both partially supplied in their "predigested" co-factor forms, have been shown in studies to provide support for neurological function, and both nutrients assist in amino acid metabolism and enzyme production, critical to neurotransmitter production.* Abraham Hoffer demonstrated over

40 years ago that **niacin** (vitamin B3) plays important roles in brain function.* **Zinc** plays a crucial role in hundreds of biological enzymatic processes, and is well known in Europe for its beneficial effects on brain activity.* Besides the antioxidant function supplied by many of the above nutrients, BrainStorm® also contains the antioxidants **beta-carotene, vitamins B12, C and E**, and trace minerals including **selenium**.

Serving Size: 1 Tablet

Servings Per Container: 60

Amount Per Serving:

Vitamin A (as Beta-Carotene)	1000 IU
Vitamin C (as Ascorbic Acid)	5 mg
Vitamin E (as D-alpha-Tocopheryl Succinate)	5 IU
Thiamin (67% as Thiamin Hydrochloride and 33% as TTFD)	7.5 mg
Riboflavin (67% as Riboflavin Hydrochloride and 33% as Riboflavin-5-Phosphate)	7.5 mg
Niacin (86% as Niacinamide)	17.5 mg
Vitamin B6 (75% as Pyridoxine Hydrochloride and 25% as Pyridoxal-5-Phosphate)	10 mg
Folic Acid	50 µg
Vitamin B12 (as Dibencoside)	25 µg
Biotin	50 µg
Pantothenic Acid (as Calcium Pantothenate)	20 mg
Zinc (as Zinc Citrate)	5 mg
Selenium (90% as Sodium Selenite and 10% as Selenomethionine)	25 µg
Copper (as Copper Sebacate)	0.5 mg
Chromium (as Chromium Nicotinate)	25 µg
Molybdenum (as Sodium Molybdate)	25 µg
Boron (as Boron Citrate)	250 µg
Ginkgo (Leaves) extract (standardized to 24% Ginkgo Flavonglycosides and 6% Terpene Lactones)	15 mg
Bacopa (Aerial Part) (<i>Bacopa monniera</i>) Extract (standardized to 30% Bacosides)	50 mg
Eleuthero (Root) extract	20 mg
Asian Ginseng (Root) Extract (standardized to 7% Ginsenosides)	20 mg
Gotu Kola (Leaves) Powder	50 mg
L-Glutamine	125 mg
L-Tyrosine	100 mg
Acetyl-L-Carnitine	25 mg
Choline Bitartrate	40 mg
Inositol	25 mg
DMAE (Dimethylaminoethanol)	40 mg
Phosphatidylcholine (soy)	50 mg
Quercetin	25 mg
Cayenne pepper	25 mg
Phosphatidylserine (soy)	10 Mg

Other ingredients: Dicalcium phosphate, cellulose, magnesium stearate, silicon dioxide, stearic acid.

Suggested Use: As a dietary supplement, 1 tablet one or two times daily with meals, or as directed by a healthcare practitioner.



Allergy Research Group®
 2300 North Loop Road, Alameda, CA 94502
 Phone: 800-545-9960 or 510-263-2000
 Fax: 800-688-7426 or 510-263-2100
 www.AllergyResearchGroup.com

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