

Brain Energy

Improved

NPN 80030929

DESCRIPTION

Brain Energy supplies essential nutrients and precursor amino acids carefully formulated to help temporarily relieve symptoms of stress and support cognitive function.

FUNCTIONS

Dopamine is a neurotransmitter that affects brain processes that control movement and emotional response like mood and motivation, and is the source of brain’s power and energy. It is an excitatory and inhibitory neurotransmitter, depending on the dopamine receptor to which it binds. Stress, medications, poor diet, alcohol, caffeine, and sugar may contribute to low dopamine levels in the brain. This formula has been specially formulated with dopamine precursors, an adaptogenic herbal extract, and other complementary ingredients for a more energetic and focused brain.

Phenylalanine is an essential amino acid that must be obtained through the diet. It is found primarily in high-protein sources such as meat and eggs. DL-Phenylalanine can be used to metabolize two distinct chemicals. Both the D and L forms can be converted to phenylethylamine, while the L form can be converted to tyrosine, an important amino acid used to produce certain neurotransmitters.

Tyrosine is a precursor of important neurotransmitters in the brain, such as dopamine, epinephrine (adrenaline) and norepinephrine (noradrenaline). The synthesis of these neurotransmitters is limited by the rate of tyrosine entry from plasma into the brain. L-tyrosine is a conditionally essential amino acid that can be manufactured by the body from the essential amino acid phenylalanine. Therefore, adequate tyrosine production depends on a sufficient supply of phenylalanine in the diet.

Rhodiola rosea is a plant found in the arctic mountain regions of Siberia. As an adaptogen, rhodiola is thought to increase the body’s resistance to biological and chemical stresses, and thus stimulate a person’s general vitality, both physical and emotional. Methionine, an essential amino acid, and octacosanol, a compound found in vegetable oils, are also included in this formula.

INDICATIONS

- Relief of stress symptoms
- Cognitive function

FORMULA (#98723-60HYC-C)

Each Capsule Contains:

DL-Phenylalanine	300 mg
L-Tyrosine.....	200 mg
Rhodiola root extract (<i>Rhodiola rosea</i>) (3% rosavins, 2% salidroside)	75 mg
L-Methionine	60 mg
Octacosanol.....	2 mg

Non-medicinal ingredients: Hypromellose (capsule), cellulose, magnesium stearate, silica.

SUGGESTED USAGE

Adults: Take 1 capsule 2 times daily up to 1 hour before or during periods of physical stress or as directed by your healthcare practitioner. Do not take immediately before bedtime. Consult your healthcare practitioner for use beyond 4 weeks.

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RISK INFORMATION

Do not use if you have phenylketonuria (PKU), bipolar or bipolar spectrum disorder, or are taking antipsychotic drugs, levodopa, non-selective monoamine inhibitors, selective serotonin reuptake inhibitors or antidepressants which increase serotonin synaptic concentrations. Consult your healthcare practitioner prior to use if you are pregnant, breastfeeding, following a low protein diet, taking antidepressant medication, birth control pills or hormone replacement therapy, or have Parkinson's disease. Discontinue use and consult your healthcare practitioner if symptoms persist or worsen. Discontinue use if you experience irritability or insomnia.

STORAGE

Store in a cool, dry place. Keep out of reach of children.

REFERENCES

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