

Brain Retain



Clinical Applications

- Support Brain Health
- Support Enhancement of Brain Function
- Support Healthy Memory
- Provide Generous Antioxidant Support to the Brain

Representing more than 30 years of neuroscience research, this unique powdered drink formula, developed by Board-Certified Neurologist and internationally recognized leader in nutritional neurology, David Perlmutter, MD, FACN, is designed to enhance brain performance and promote brain health. A key component of a complete program to ensure optimal brain function, Brain Retain improves the energy production of brain mitochondria and provides generous antioxidant support to combat the damaging effects of excess free radicals in the brain.

All 3rd Opinion Inc. Formulas Meet or Exceed cGMP quality Standards

Discussion

N-Acetyl-L-Cysteine (NAC), a derivative of the amino acid, L-cysteine, is the precursor to glutathione, one of the brain's most important antioxidants. The aim of oral supplementation is to augment the body's reserve. NAC itself is a potent antioxidant shown to reduce formation of nitric oxide, a free radical implicated for a causative role in neurodegenerative disorders.^[1]

Phosphatidylserine (PS), a component of lecithin, plays an important role in neuronal energy production and enhances neuronal communication. After careful examination of scientific evidence, the FDA granted "qualified health claim" status to phosphatidylserine, stating that "Consumption of phosphatidylserine may reduce the risk of dementia in the elderly" and "Consumption of phosphatidylserine may reduce the risk of cognitive dysfunction in the elderly."^[2,3]

Acetyl-L-Carnitine (aka ALCAR), an acetylated form of the amino acid, L-carnitine, is able to cross the blood brain barrier, where it acts as an effective antioxidant and protects brain cells from toxic chemical and stress-induced damage and deterioration.^[4] ALCAR enhances neuronal energy production by transporting fuel sources into the mitochondria and removing energy production waste products from them.^[5] Carnitine is readily converted into acetylcholine, a neurotransmitter essential for learning and concentration.^[6]

Alpha Lipoic Acid also provides powerful antioxidant action and regenerates other important brain antioxidants including vitamins E, C, and glutathione. Unlike other antioxidants, alpha lipoic acid is both fat and water-soluble, greatly enhancing its ability to be absorbed from the gut and penetrate into the brain.^[6]

Coenzyme Q-10 measurably increases the efficiency of cellular energy production and serves as a potent antioxidant that may protect the brain from oxidative stress damage, which is believed to be partially responsible for neurodegenerative disease.^[7]

Broccoli Seed Extract contains the patented form of the phytochemical in broccoli called sulforaphane glucosinolate. Extensive research demonstrates that, when this compound is broken down to sulforaphane (its active form), it safely and effectively upregulates the Nrf-2 system, enhancing the production of important antioxidants such as glutathione and superoxide dismutase and activating vital Phase 2 detoxification enzymes.^[8,9]

DHA is an essential fatty acid that is vital to brain health. It facilitates optimal structure and functioning of the brain cell membranes, which are important for cellular communication.^[10]

Brain Retain also contains VegaPRO™, Starr Walker's proprietary pea/rice protein blend, as well as fat soluble antioxidants, vitamins D3 and E (as mixed tocopherols), and activated B vitamins, including 50 mg of riboflavin and folic acid (as folinic acid).





Supplement Facts

Serving Size: 2 Scoops (43 g)
Servings Per Container: 15

Amount Per Serving		Calories 150	
Amount Per Serving		Calories from Fat 25	
Total Fat		%Daily Value*	
Saturated Fat		5%	
Cholesterol		0%	
Sodium		10%	
Potassium		2%	
Total Carbohydrates		5%	
Dietary Fiber		10%	
Soluble Fiber			
Sugars			
Protein			
Vitamin C (as calcium ascorbate)		300 mg	
Calcium (as calcium ascorbate)		200 mg	
Vitamin D3 (as cholecalciferol)		800 mg	
Vitamin E (as mixed tocopherols)		200 mg	
Vitamin B1 (as benfotiamine)		200 mg	
Vitamin B2 (as riboflavin 5' phosphate)		273 mg	
Vitamin B3 (as niacinamide)		200 mg	
Vitamin B6 (as pyridoxal 5' phosphate)		50 mg	
Folate (as calcium folinate)		200 mcg	
Vitamin B12 (as methylcobalamin)		1000 mcg	
Phosphorus (as potassium phosphate)		50 mg	
Magnesium (as D-Magnesium Malate)		50 mg	

Other Ingredients: Vegetable Glycerin, Natural Flavors, Coconut Powder, Medium Chain Triglycerides, Potassium Citrate, Xanthan Gum, Guar Gum, Sodium Chloride, Sodium Citrate, Stevia Leaf Extract.

Produced under U.S. Patent 6,724,888.
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Starr Walker LLC is a trademark of Starr Walker LLC.
D-Magnesium Malate covered by Allium Laboratories, Inc. U.S. Patent 6,776,304 and patents pending.



Dosing

Blend, shake, or briskly stir 2 level scoops (43 grams) of Brain Retain into 8-12 oz chilled water or as directed by your healthcare practitioner. Adjust amount of water to desired sweetness and/or thickness.

References

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Caution

Consult with your healthcare practitioner before use. Keep out of reach of children.

*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.

